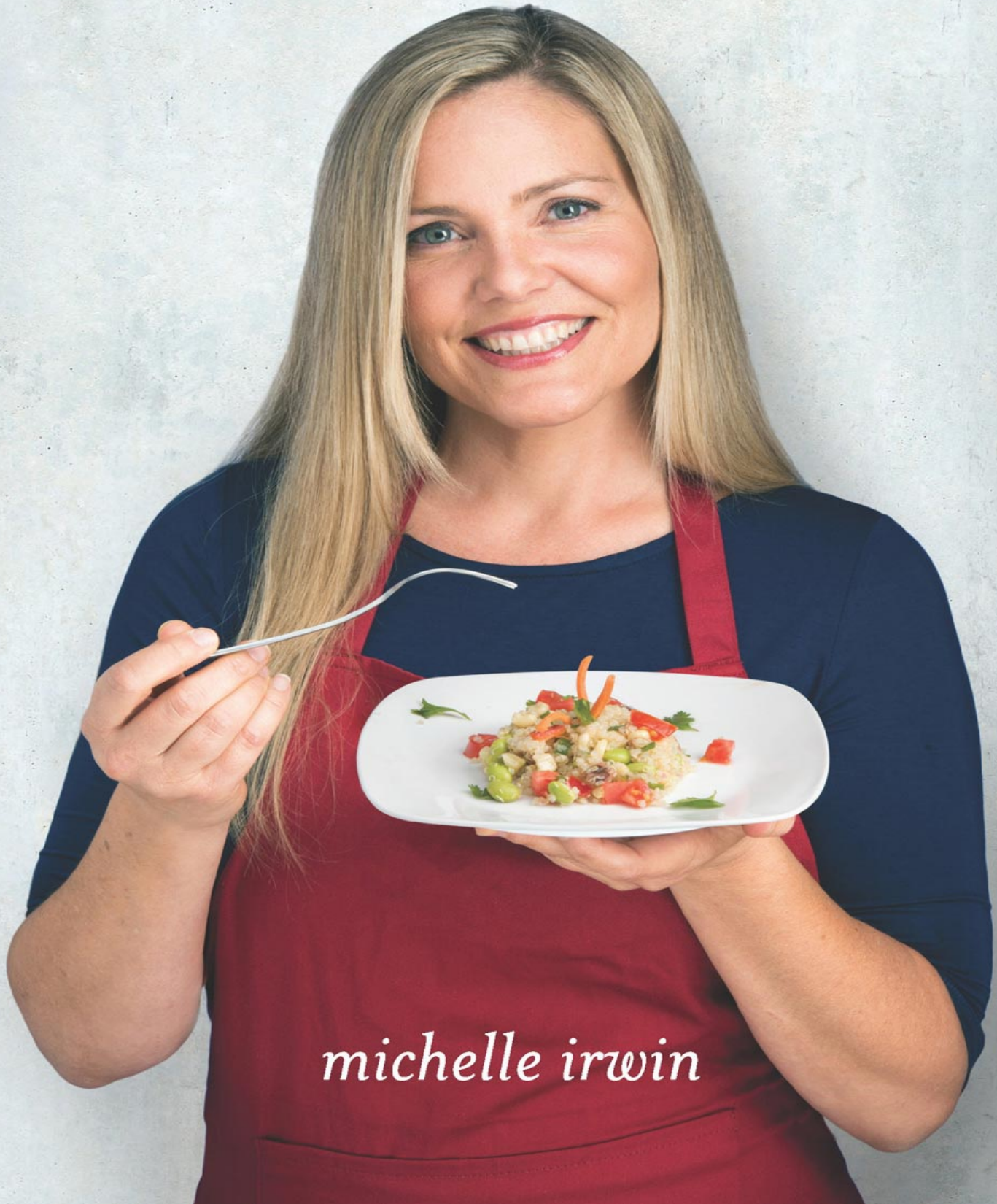
# too few cooks in the kitchen



michelle irwin

# too few cooks *in the* kitchen

## homemade gluten-free & vegan delights

*michelle irwin*
{vegan chef}

AMAZING FACTS

# o few
# ooks
# *in the*
# :chen

ade gluten-free
gan delights

*:helle irwin*
vegan chef}

AMAZING FACTS

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sional medical expertise.

any liability for any



*This book is dedicated to my Heavenly Father; for without Him, I can do nothing.*

Thank you for showing me that Your words are true. You desire a friendship with Your creation and I am so thankful that You would call me Your friend. To my beautiful children, Katie and Luke, I love you with an everlasting love. You bring so much to my life. To my best friend, James, thank you for believing in me and for showing me how to live again. This would not be possible without you. To my Aunt Angie, thank you for watching my children so that I could complete this book, and thank you for your friendship over the years. You are a true gem. To my mother, thank you for always believing in me. To my dad and step mom, thank you for your support. To my family, I am thankful for your encouragement. To my friends and my Amazing Facts family, I am filled with love beyond measure. In memory of Scott Irwin



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# why i wrote this book



*As a little girl,* I remember hanging out in my grandma's garden during harvest time. I would help her by picking ripe vegetables while chomping on fresh carrots I plucked from the ground. After a few hours in the garden, we gathered the bounty and headed straight to her kitchen to make dinner. Those were the days. The days when too many cooks in the kitchen spoiled the broth. Nowadays, there appears to be too few cooks in the kitchen and no broth to spoil.

As I grew into my teenage years, I exchanged my affinity for healthy options to processed foods. Long gone were the days of plucking carrots from the garden. What replaced carrots were fake foods, not prepared in a kitchen, but in a factory. Not plant-based foods, but foods that were processed in a plant.

So, fast forward to my adul
I am getting back to the ga
and learning my way arou
kitchen. You could say I am
back to my roots. The kind
mother and grandma plant
ago. Specifically the kind o
that grow in the garden suc
beets, potatoes, carrots, an
many others.

# why i wrote this book



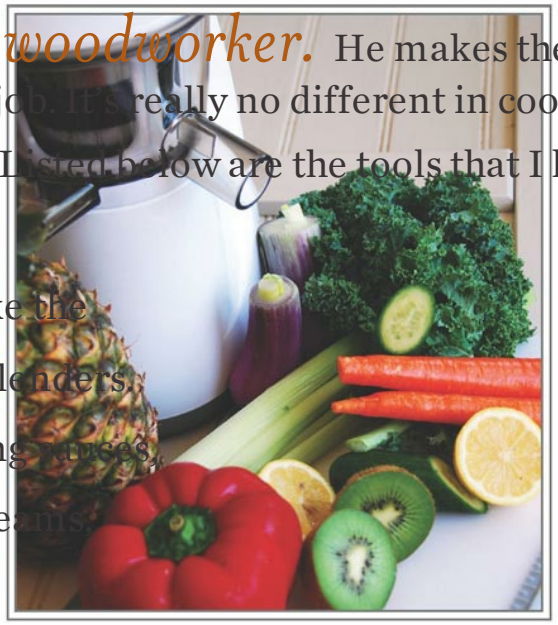
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lant.

So, fast forward to my adult years. I am getting back to the garden and learning my way around a kitchen. You could say I am getting back to my roots. The kind that my mother and grandma planted years ago. Specifically the kind of roots that grow in the garden such as beets, potatoes, carrots, and many, many others.

# kitchen equipment

*My dad is a skilled woodworker.* He makes the job look easy. His s
have the right tool for the job. It's really no different in cooking. It's important
have the right equipment. Listed below are the tools that I keep in my kitchen:



**High-Speed Blender:** I like the BlendTec® or Vita-Mix® blenders. They are critical for making sauces, smoothies, desserts, ice cream, soups, salad dressings, etc.

**Food Processor:** I use the Cuisinart® food processor. This is also a staple in making many different foods.

**Spring Form Pans:** These come in various sizes. I love these pans for creating cheesecakes, cakes, etc.

**Ice Cream Maker:** I like the Cuisinart® brand. This is a great electric ice cream maker.

**Measuring Spoons & Measuring Cups:** Important for precision.

**Vegetable Spiralizer:** Use
making zucchini noodles. I
online or at a kitchen shop

**Digital Kitchen Scale:** It's

# kitchen equipment

*illed woodworker.* He makes the job look easy. His secret: always
or the job. It's really no different in cooking. It's important to
ment. Listed below are the tools that I keep in my kitchen:



**er:** I like the
Mix® blenders.
making purees,
, ice creams,
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cessor. This
aking many

These come in
these pans for
es, cakes, etc.

I like the
his is a great
aker.

**& Measuring**
r precision.

**Vegetable Spiralizer:** Used for making zucchini noodles. Find them online or at a kitchen shop.

**Digital Kitchen Scale:** It's a great

# stocking your pantry

*Having a well stocked pantry* means that most of your shopping will purchasing fresh fruits and vegetables. Pantry items are what I refer to as staples. Once you have your staples in place, the rest is easy. Try to buy in bulk when possible. This will cut down on expenses. Most items listed below are sold in health food stores, but a lot of grocery stores are beginning to carry many health products. If they do not, ask. They want your business.

**Beans, canned without BPA:** I like Eden Organic ®: Garbanzo, Black, and Pinto.

**Beans, dried:** Red Lentil, Brown Lentil, Garbanzo, Split Pea, Black Bean, Pinto Bean.

**Butters:** Almond Butter, Tahini Butter Artisana®, Cashew Butter.

**Carob Powder, toasted and raw.**

**Cooking Sprays:** Grape Seed Oil, Olive Oil, and Coconut Oil.

**Dairy Alternatives:** Coconut Milk Thai®, Hemp Milk, Almond Milk.

**Jar Foods:** Tomato Sauce, T Paste, Pimentos, Whole or Diced Tomatoes.

**Nuts, raw & unsalted:** Alm (slivered and whole), Pecans Hazelnuts, Cashews, Pistach Walnuts.

**Oils and Fats:** Sesame Oil, N Way® Coconut Oil, Olives.

**Salsa**

**Salt:** Sea Salt (read the label salt has dextrose, which is a s Celery Salt, Herbamare.

**Seeds:** Toasted Sesame Seed

# stocking your pantry

*stocked pantry* means that most of your shopping will be for
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**out BPA:** I like
anzo, Black,

entil, Brown
lit Pea, Black

tter, Tahini
shew Butter.

**ted and raw.**

ape Seed Oil,
ut Oil.

Coconut Milk
lmond Milk.

**Jar Foods:** Tomato Sauce, Tomato Paste, Pimentos, Whole or Diced Tomatoes.

**Nuts, raw & unsalted:** Almonds (slivered and whole), Pecans, Hazelnuts, Cashews, Pistachios, Walnuts.

**Oils and Fats:** Sesame Oil, Nature's Way® Coconut Oil, Olives.

**Salsa**

**Salt:** Sea Salt (read the labels, some salt has dextrose, which is a sugar), Celery Salt, Herbamare.

**Seeds:** Toasted Sesame Seeds, Raw



**Sweeteners:** I only recommend certain brands and products within those brands. I cannot predict the outcome and flavor of your

**Brown Rice Syrup:** Made brown rice. It has a carame I love to substitute it in my cheesecake.



recommend
products within
not predict
avor of your

**Brown Rice Syrup:** Made from brown rice. It has a caramel flavor. I love to substitute it in my carob cheesecake.

# produce

*Here is a list of produce* that I typically rotate or have on hand in m these items are used for my recipes. Fruits are anything with a seed. Vegetab root, leaf, or stem. You may be surprised to know that some of the foods vegetables are actually fruits. Buy organic when possible.

| VEGETABLES | FRUITS |
|---|---|
| ASPARAGUS | APPLES |
| BEETS | AVOCADO |
| BROCCOLI | BANANAS |
| BRUSSEL SPROUTS | BELL PEPPERS |
| CABBAGES | BLUEBERRIES |
| CARROTS | BLACKBERRIES |
| CAULIFLOWER | CUCUMBER |
| CELERY | CANTALOUPE |
| CILANTRO | HONEYDEW |
| GARLIC | GRAPEFRUIT |

# produce

f produce that I typically rotate or have on hand in my kitchen. A lot of for my recipes. Fruits are anything with a seed. Vegetables are part of the You may be surprised to know that some of the foods you thought were ly fruits. Buy organic when possible.

## TABLES

RAGUS

BEETS

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BAGES

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## FRUITS

APPLES

AVOCADO

BANANAS

BELL PEPPERS

BLUEBERRIES

BLACKBERRIES

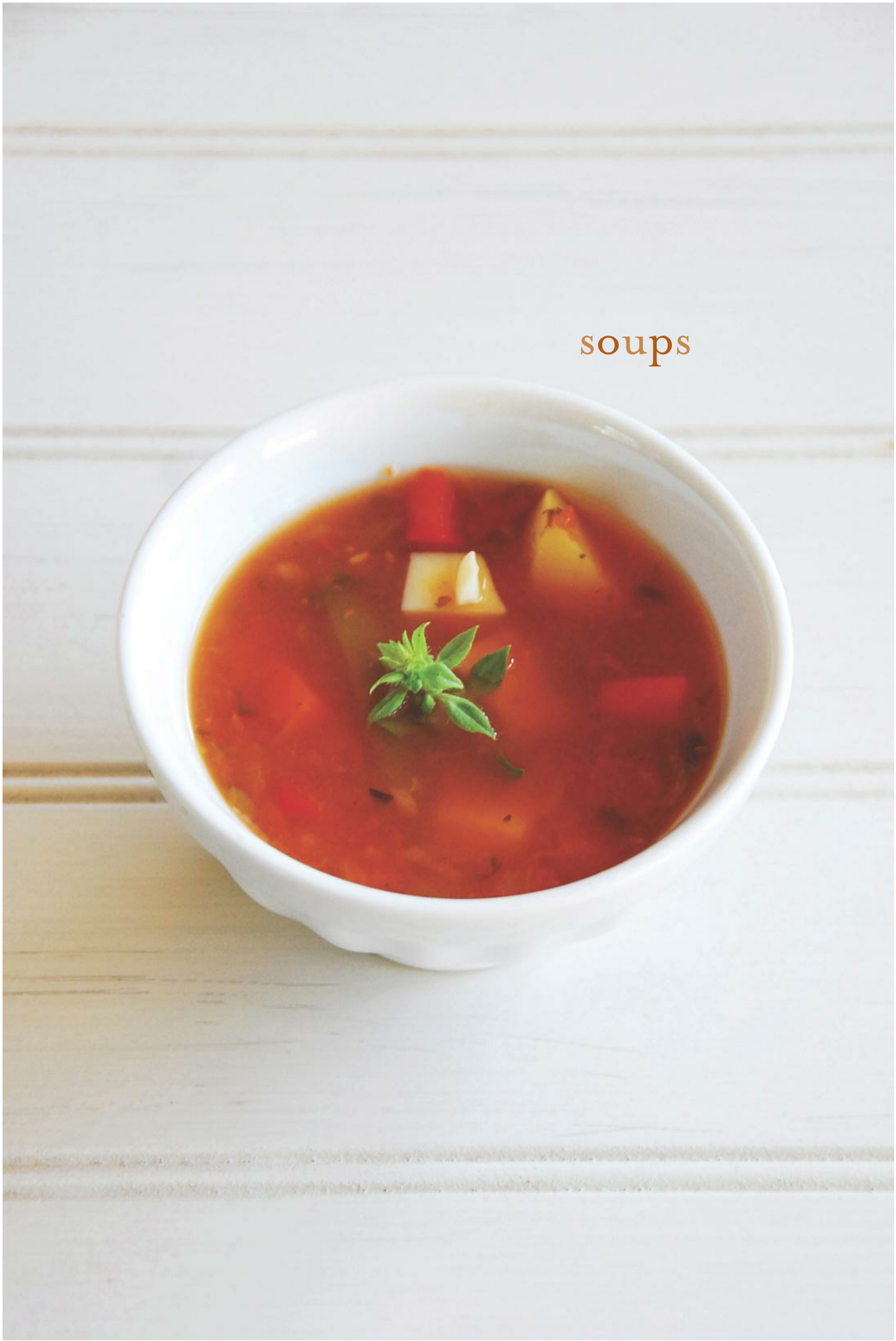
CUCUMBER

CANTALOUPE

HONEYDEW

GRAPEFRUIT

# soups



# soups



soups

# hearty vegan chili

*Chili is a comfort food for me. I grew up eating my grandn chili, so this version brings me back to her home*

## ingredients

- 4 cups water
- 4 cups tomato sauce
- 2 cups tomatoes, diced
- 2 cups potatoes, cubed
- 1 ½ cups cooked pinto beans
- 1 ½ cups cooked black beans
- 1 red bell pepper, diced
- 1 medium onion, diced
- 1 cup organic frozen corn
- 2 stalks celery, diced
- 3 tsp cumin
- 3 cloves of garlic, minced
- 3 Tbsp chili powder
- 1 Tbsp of salt or less

## equipment

- measuring spoons and cups
- small pot to toast spices
- cutting board
- sharp knife
- large soup pot

## instructions

In a small pan on medium high heat, combine your chili powd

soups

# hearty vegan chili

*nfort food for me. I grew up eating my grandma's famous ıili, so this version brings me back to her home.*

1 medium onion, diced

1 cup organic frozen corn

ed — 2 stalks celery, diced

d — 3 tsp cumin

o beans — 3 cloves of garlic, minced

k beans — 3 Tbsp chili powder

ed — 1 Tbsp of salt or less

ıd cups — sharp knife

ces — large soup pot

s

a small pan on medium high heat, combine your chili powder









# moroccan lentil soup

*The secret to any great soup are the spices that go i*
*Toasting aromatic spices makes all of the differer*

## ingredients

- 1 ½ cups dried lentils, rinsed
- 7 cups of water
- 1 medium onion, diced
- 2 cloves of garlic, minced
- 2 carrots, diced
- 2 medium potatoes, diced
- 2 tsp coriander
- 2 tsp cumin
- 2 tsp paprika
- 2 tsp salt
- 1 18 oz jar of tomato sauce

## equipment

- measuring spoons and cups
- small pan
- soup pot
- sharp knife
- cutting board

## instructions

step 1

In a small dry pan, stir coriander, cumin, and paprika over medium high heat. Stir constantly for 2-3 minutes or until

soups

# moroccan lentil soup

*ecret to any great soup are the spices that go into it.*
*asting aromatic spices makes all of the difference!*

## S

ls, rinsed
ced
inced
diced

nd cups

2 tsp coriander
2 tsp cumin
2 tsp paprika
2 tsp salt
1 18 oz jar of tomato sauce

sharp knife
cutting board

## IS

a small dry pan, stir coriander, cumin, and paprika over
edium high heat. Stir constantly for 2-3 minutes or until

# simple gluten-free noodle soup

*Noodle soup is a wonderful reminder of my mom, who ma*
*noodle soup ever. This is a non-chicken noodle so*

## ingredients

6 cups water

1 small onion, diced (1 cup)

1 clove garlic, minced

1-2 carrots, diced fine or shredded

5 Tbsp 'chik-n' seasoning (p

2 tsp salt (or less, to taste)

1-2 cups of gluten-free nood
(I like the corn and quin

## equipment

measuring spoons and cups

soup pot

sharp knife

cutting board

## instructions

step 1

Cook your gluten-free noodles according to package instructions. Drain and set aside. Add a little water to keep it from sticking together.

step 2

In a large pot, brown the onion and garlic in a little water

# luten-free noodle soup

*› is a wonderful reminder of my mom, who makes the best dle soup ever. This is a non-chicken noodle soup.*

5 Tbsp 'chik-n' seasoning (p 168)

2 tsp salt (or less, to taste)

1-2 cups of gluten-free noodles, cooked
(I like the corn and quinoa blend.)

1 cup)

l

e or shredded

ıd cups

sharp knife

cutting board

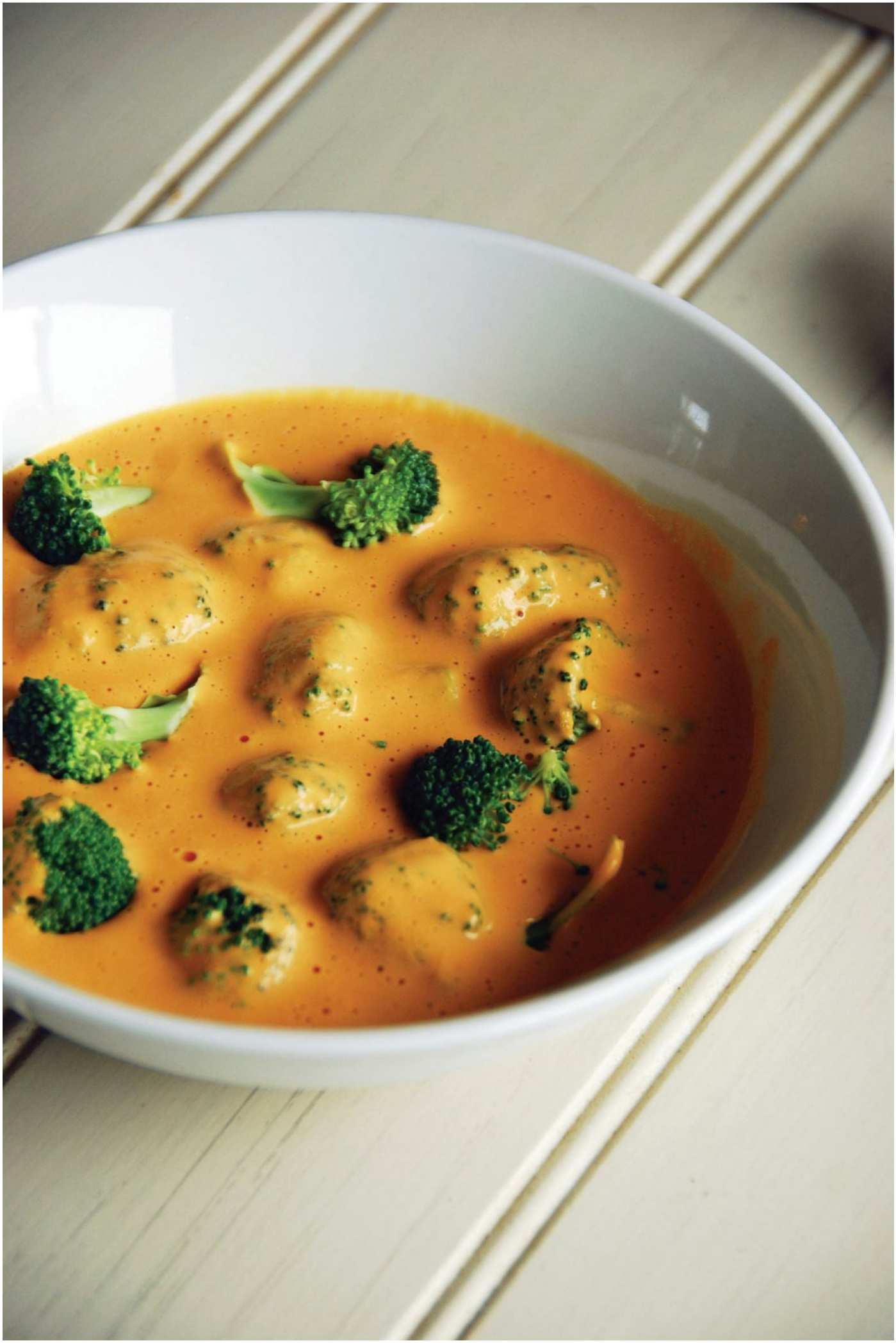
S

›k your gluten-free noodles according to package tructions. Drain and set aside. Add a little water to ep it from sticking together.

a large pot, brown the onion and garlic in a little water il the onion is clear or translucent.









soups

# broccoli and "cheese" soup

*This is a great way to get your cruciferous brocc*
*This cheese base is adapted from the Weimar Insti*

## ingredients

- 4 cups water
- ¾ cup raw cashews
- 4 ounce jar of pimentos
- 2 Tbsp fresh lemon juice
- 6 Tbsp nutritional yeast
- ¼ cup organic corn starch
- 1 Tbsp salt
- 1 tsp onion powder
- ½ tsp garlic powder
- 3-4 cups steamed broccoli

## equipment

- measuring spoons and cups
- blender
- medium soup pot
- steamer

## instructions

**step 1** Cut broccoli into bite size pieces and steam. Remove from heat and set aside.

**step 2** Using a high-speed blender, process all of the ingredients,

soups

# ccoli and "cheese" soup

*his is a great way to get your cruciferous broccoli.*
*s cheese base is adapted from the Weimar Institute.*

## s

¼ cup organic corn starch

1 Tbsp salt

ntos — 1 tsp onion powder

juice — ½ tsp garlic powder

east — 3-4 cups steamed broccoli

nd cups — medium soup pot

steamer

## ıs

ıt broccoli into bite size pieces and steam. Remove from
eat and set aside.

sing a high-speed blender, process all of the ingredients,

# garden vegetable soup

*Summer is a perfect time for gathering fresh vegetables f*
*garden. Why not make a soup with your fresh bour*

## ingredients

6 cups water

4 cups tomato sauce

1 medium onion, diced

2 cups potatoes, diced

1-2 carrots, diced

1 cup zucchini, diced or sliced

1 cup kale, chopped

3 cloves garlic, minced

1 red bell pepper, diced

1 Tbsp basil, dried

3 Tbsp 'chik-n' seasoning (p

salt to taste

## equipment

measuring spoons and cups

soup pot

sharp knife

cutting board

## instructions

### step 1

In a large pot, brown the onion and garlic in a little water until the onion is clear or translucent.

# arden vegetable soup

*s a perfect time for gathering fresh vegetables from your en. Why not make a soup with your fresh bounty?*

3 cloves garlic, minced

1 red bell pepper, diced

ed

1 Tbsp basil, dried

d

3 Tbsp 'chik-n' seasoning (p 168)

salt to taste

or sliced

ıd cups

sharp knife

cutting board

s

a large pot, brown the onion and garlic in a little water

il the onion is clear or translucent.









# 'raw' men cup of noodles

*This is a fun recipe to get more raw into your life. It*
*tastes like the real thing! I use zucchini for the noo*

## ingredients

- 1 ½ cups hot water
- ¼ cup zucchini, spiralized
- 1 Tbsp 'chik-n' seasoning (p 168)
- green onions for garnish
- salt to taste

## equipment

- measuring spoons and cups
- sharp knife
- cutting board
- spiralizer for angel hair
- vegetable peeler

## instructions

**step 1** Using a vegetable peeler, peel your zucchini and prep your other vegetables.

**step 2** Using a vegetable spiralizer, turn your zucchini into angel hair pasta.

# aw'men cup of noodles

*a fun recipe to get more raw into your life. It actually es like the real thing! I use zucchini for the noodles.*

## s

green onions for garnish

ralized

salt to taste

oning (p 168)

nd cups

spiralizer for angel hair

vegetable peeler

## ıS

sing a vegetable peeler, peel your zucchini and prep our other vegetables.

sing a vegetable spiralizer, turn your zucchini into angel ıir pasta.

# red lentil soup

*Red lentils are a wonderful bean. There is no need to so*
*and they cook pretty fast. Make them for breakfast*

## ingredients

- 1 cup dried red lentils, rinsed
- 1 tsp salt, or to taste
- 5 cups of water
- 1 medium onion, diced
- 3 cloves of garlic, minced
- 2 carrots, diced
- 2 medium potatoes, diced
- 2 tsp cumin
- 2 tsp coriander
- ¼ tsp turmeric

## equipment

- measuring spoons and cups
- small pan
- soup pot
- sharp knife
- cutting board

## instructions

step 1

In a small dry pan, stir coriander, turmeric, and cumin over medium high heat. Stir constantly for 2-3 minutes or until the spices are fragrant. Set spices aside.

soups

# red lentil soup

*s are a wonderful bean. There is no need to soak them,*
*hey cook pretty fast. Make them for breakfast too.*

s, rinsed

ed

nced

2 carrots, diced

2 medium potatoes, diced

2 tsp cumin

2 tsp coriander

¼ tsp turmeric

nd cups

sharp knife

cutting board

S

a small dry pan, stir coriander, turmeric, and cumin over
dium high heat. Stir constantly for 2-3 minutes or until
spices are fragrant. Set spices aside.









soups

# split pea soup

*Split pea soup is more like a stew. It's so hearty and fills on a cold winter's night, but we enjoy it all season*

## ingredients

- 2 cups dried split peas, rinsed
- 8 cups of water
- 1 large onion, chopped
- 2 medium carrots, diced
- 3 stalks of celery, chopped
- 2 cups potato, diced
- 1 tsp marjoram
- 2 tsp salt

## equipment

- measuring spoons and cups
- soup pot
- sharp knife
- cutting board

## instructions

### step 1

In a large pot, brown the onion and garlic in a little water until the onion is clear or translucent.

### step 2

Next, add the potatoes, carrots, split peas, and water to the pot and bring to a boil. Reduce heat and simmer

soups

# split pea soup

*oup is more like a stew. It's so hearty and fills the tummy cold winter's night, but we enjoy it all season long.*

s

as, rinsed

ped

liced

3 stalks of celery, chopped

2 cups potato, diced

1 tsp marjoram

2 tsp salt

nd cups

sharp knife

cutting board

ıs

a large pot, brown the onion and garlic in a little ater until the onion is clear or translucent.

ext, add the potatoes, carrots, split peas, and water the pot and bring to a boil. Reduce heat and simmer til split peas and vegetables are tender.

# taco soup

*Taco soup is a wonderful staple at my house. We enjoy t*
*with our favorite heart-healthy blue chips or over*

## ingredients

7 cups water

4 cups tomato sauce

1 ½ cups pinto beans, cooked

1 ½ cups black beans, cooked

1 red bell pepper, diced

1 onion, diced

3 cloves garlic, minced

2 cups organic frozen corn

1 Tbsp cilantro, chopped

1 cup tomato, chopped

1 Tbsp cumin

2-3 tsp salt

2 Tbsp chili powder

3 tsp dried oregano

½ cup sliced black olives

## equipment

measuring spoons and cups

soup pot

knife and cutting board

## instructions

In a small dry pan, stir chili powder and cumin over medium

# taco soup

*› is a wonderful staple at my house. We enjoy this soup our favorite heart-healthy blue chips or over rice.*

1 Tbsp cilantro, chopped

1 cup tomato, chopped

, cooked

1 Tbsp cumin

, cooked

2-3 tsp salt

ed

2 Tbsp chili powder

3 tsp dried oregano

ed

½ cup sliced black olives

ı corn

ıd cups

ırd

S

ı small dry pan, stir chili powder and cumin over medium









# dreamy potato soup

*I love potato soup! Growing up, my mom's soups were*
*This is a version without dairy or cheese.*

## ingredients

4 cups water

2 cups potatoes, peeled & diced

1 cup onion, diced

2 Tbsp 'chik-n' seasoning (p 168)

1 cup organic frozen c

(optional)

1 recipe basic cream s

## equipment

measuring spoons and cups

large sauce pan

cutting board and knife

## instructions

### step 1

In a large pot, brown the onion in a little water until the onion is clear or translucent.

### step 2

Add potatoes and water, and cook until soft. Add the 'chik-n' seasoning and salt, then stir. Add the organic frozen corn and basic cream sauce. Stir until warmed through. After adding

# dreamy potato soup

*tato soup! Growing up, my mom's soups were the best.*
*This is a version without dairy or cheese.*

s

led & diced

oning (p 168)

nd cups

nife

1 cup organic frozen corn (optional)

1 recipe basic cream sauce (p 64)

ıs

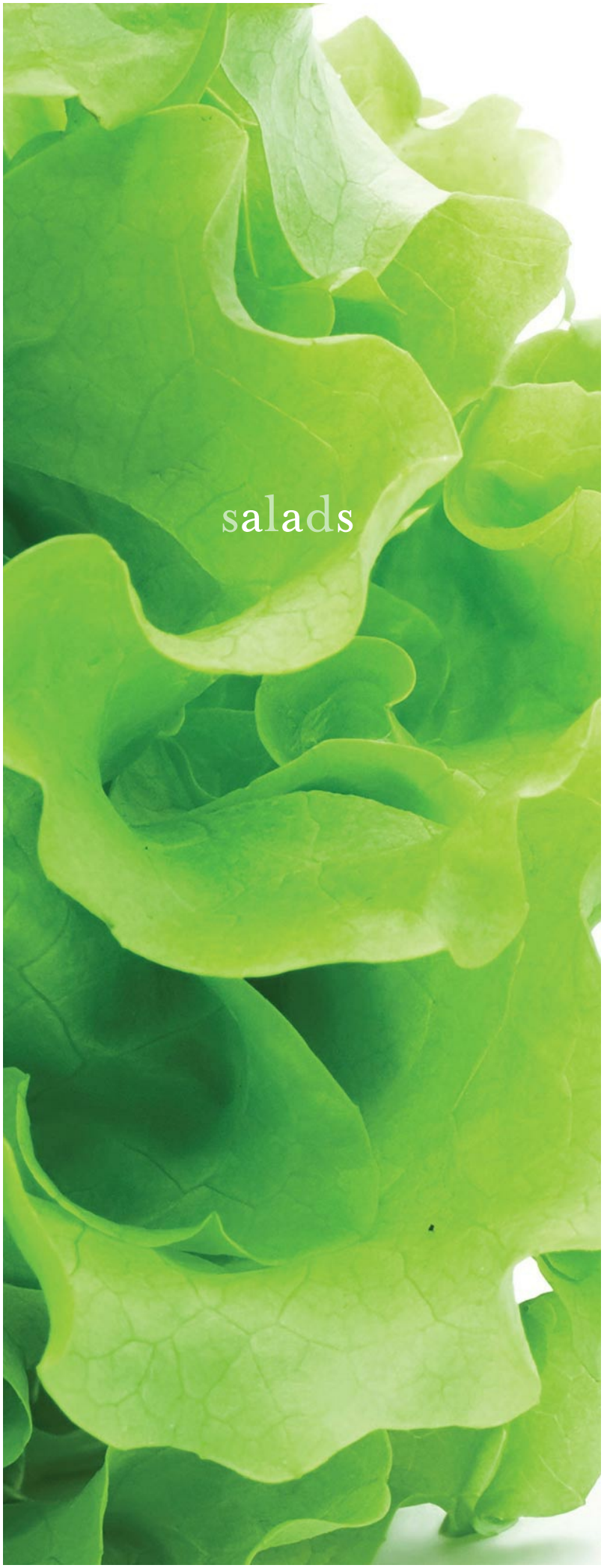
ı a large pot, brown the onion in a little water until the
ıion is clear or translucent.

dd potatoes and water, and cook until soft. Add the 'chik-n'
asoning and salt, then stir. Add the organic frozen corn and
ısic cream sauce. Stir until warmed through. After adding






salads


salads

# pecan pear salad with herb dressing

*I love fresh pears in season. Pair them with mixed gr*
*and toasted pecans for a wonderful treat!*

## ingredients

8 cups mixed greens

¾ cup toasted pecans

1 cup cauliflower, diced small

2 pears, thinly sliced

¼ cup red onion, thinly slic

½ cup cherry tomatoes, hal

gluten-free croutons (optio

1 recipe raw herb dressing (p

## equipment

measuring spoons and cups

sharp knife

cutting board

## instructions

step 1

To toast pecans, preheat oven to 350 degrees F. Spread pecans evenly on a baking sheet. Place baking sheet in the middle rack of the oven. Toast for 10-20 minutes, depending on your oven. Stir occasionally.

# salad with herb dressing

*fresh pears in season. Pair them with mixed greens and toasted pecans for a wonderful treat!*

s

ed small

¼ cup red onion, thinly sliced

½ cup cherry tomatoes, halved

gluten-free croutons (optional)

1 recipe raw herb dressing (p 70)

ıd cups

s

toast pecans, preheat oven to 350 degrees F. Spread
:ans evenly on a baking sheet. Place baking sheet in the
ddle rack of the oven. Toast for 10-20 minutes, depending
your oven. Stir occasionally.









# fresh mandarin & citrus dressing

*This salad is delicious. The mandarin pairs perfectly w*
*and pecans. Top it with cranberries, and it's a h*

## ingredients

7 cups mixed salad greens

¾ cup pecans, toasted & chopped

¼ cup chopped cranberries

1 recipe citrus dressing (p 57)

## equipment

measuring spoons and cups

knife & cutting board

## instructions

step 1 Combine all ingredients and stir in 1 recipe for citrus dressin

# ndarin & citrus dressing

*ıd is delicious. The mandarin pairs perfectly with greens*
*ıd pecans. Top it with cranberries, and it's a hit!*

S

greens
ed & chopped

¼ cup chopped cranberries
1 recipe citrus dressing (p 57)

ınd cups
rd

ıS

ombine all ingredients and stir in 1 recipe for citrus dressing.

# asian salad & toasted sesame dressing

*Toasted sesame seeds make such a difference when it c*
*Asian cuisine. This salad pairs well with spring ro*

## ingredients

6 cups baby greens

1 carrot, fine julienne slices

¼ cup beet, fine julienne

2 Tbsp sesame seeds, toasted

¼ cup pea sprouts

1 small red bell pepper, julienn

1 green onion, sliced diagonall

½ recipe toasted sesame dressi

## equipment

measuring spoons and cups

knife and cutting board

salad bowl

## instructions

step 1

Combine the salad greens, green onion, red bell pepper, and sesame seeds with the toasted sesame dressing. Mix well.

step 2

Add the carrot, beet, pea sprouts, and a few sprinkles of

# & toasted sesame dressing

*sesame seeds make such a difference when it comes to*
*an cuisine. This salad pairs well with spring rolls.*

¼ cup pea sprouts
e slices
1 small red bell pepper, julienne
enne
1 green onion, sliced diagonally
toasted
½ recipe toasted sesame dressing (p 58)

ıd cups
ard

s

mbine the salad greens, green onion, red bell pepper, and
ame seeds with the toasted sesame dressing. Mix well.

d the carrot, beet, pea sprouts, and a few sprinkles of









# garbanzo "tuna" salad

*This recipe is a great filling for a taco shell, or to use as a*
*add as a filling to your gluten-free sandwiches*

## ingredients

**salad filling:**

- 2 cups chickpeas, cooked
- 2 ribs celery, chopped fine
- 1 tsp dill, dried
- 1 tsp salt
- 1 avocado, diced (optional)

**cashew mayo:**

- ½ cup raw cashews
- ½ cup water
- ½ tsp salt
- 2 Tbsp lemon juice
- 1 Tbsp onion powder

## equipment

- measuring spoons and cups
- blender
- knife and cutting board
- food processor and 'S' blad

## instructions

### step 1

Using a food processor and the 'S' blade, pulse the chickpeas until you have a chunky texture. Do not over process, otherwise you will have a hummus texture. Place chickpeas in

# garbanzo "tuna" salad

*e is a great filling for a taco shell, or to use as a dip, or to add as a filling to your gluten-free sandwiches.*

s

**cashew mayo:**

oked

ed fine

½ cup raw cashews

½ cup water

½ tsp salt

2 Tbsp lemon juice

tional)

1 Tbsp onion powder

nd cups

knife and cutting board

food processor and 'S' blade

ıS

sing a food processor and the 'S' blade, pulse the chickpeas ıntil you have a chunky texture. Do not over process, herwise you will have a hummus texture. Place chickpeas in

# quinoa tabbouleh

*Cindy, who lives in France, inspired me with this recipe.*
*traditional bulgur wheat, I opted for quinoa. Love*

## ingredients

- ½ cup quinoa, uncooked
- ½ cup chopped tomatoes
- ½ cup cucumber, chopped
- 2 Tbsp red onion, chopped
- 2 Tbsp fresh lemon juice
- 1 cup water
- ¼ cup parsley, chopped
- 2 Tbsp fresh mint, chopped
- ¼-½ tsp salt or to taste

## equipment

- measuring spoons and cups
- medium sauce pan
- knife and cutting board
- medium size bowl

## instructions

### step 1

Rinse quinoa under cold water. Using a sauce pan over medium high heat, place the water and the rinsed quinoa into the pan. Bring to a boil and then cover and simmer for 20 minutes, or until the water has evaporated. Allow to cool.

salads

# quinoa tabbouleh

*› lives in France, inspired me with this recipe. Instead of itional bulgur wheat, I opted for quinoa. Lovely!*

| | |
|---|---|
| ›ked | 1 cup water |
| ıtoes | ¼ cup parsley, chopped |
| ›pped | 2 Tbsp fresh mint, chopped |
| ›pped | ¼-½ tsp salt or to taste |
| ıice | |

| | |
|---|---|
| ıd cups | knife and cutting board |
| | medium size bowl |

S

ıse quinoa under cold water. Using a sauce pan over dium high heat, place the water and the rinsed quinoa › the pan. Bring to a boil and then cover and simmer for minutes, or until the water has evaporated. Allow to cool.









# cucumber with creamy dill dressing

*Cucumber is a refreshing fruit, but many consider it a*
*Because it has seeds, it's actually a fruit.*

## ingredients

½ cup raw cashew dill dressing, or more,
depending on your taste (p 66)

6 cups sliced cucu

½ cup red onion,

## equipment

measuring spoons and cups

knife and cutting board

bowl

## instructions

### step 1

Place cucumbers in a small bowl. Add the onions and dressin

Mix well. Serve.

# with creamy dill dressing

*er is a refreshing fruit, but many consider it a vegetable.*
*Because it has seeds, it's actually a fruit.*

## S

lill dressing, or more,
our taste (p 66)

6 cups sliced cucumbers
½ cup red onion, diced

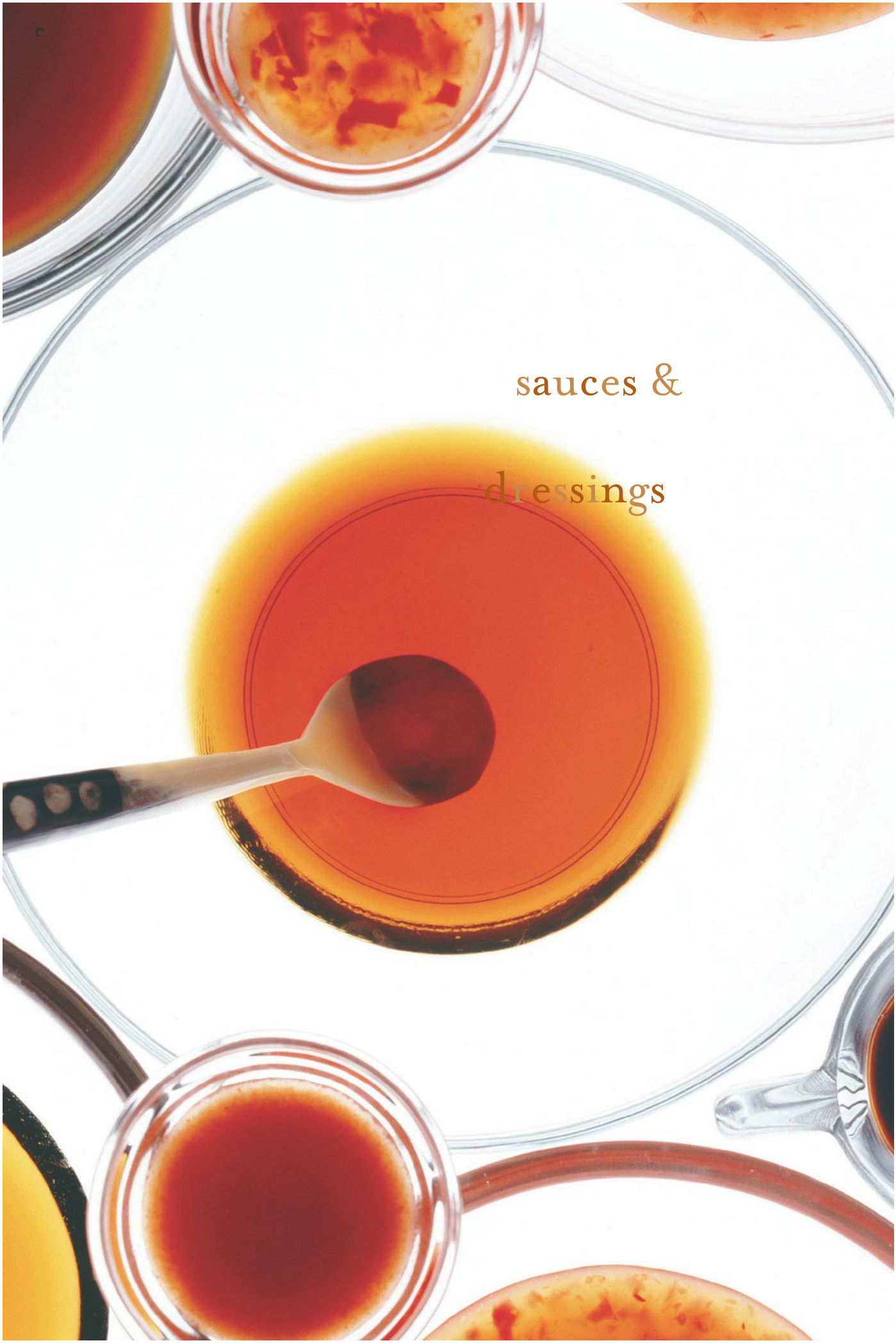
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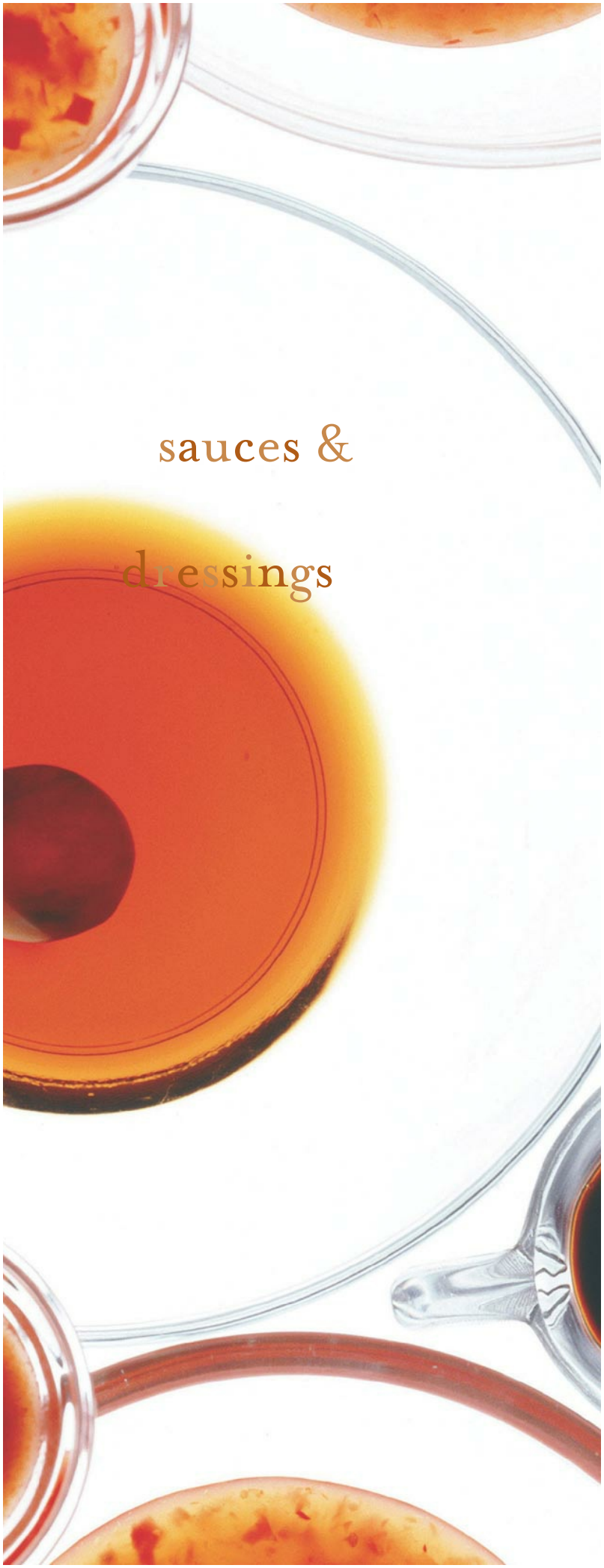
## IS

ace cucumbers in a small bowl. Add the onions and dressing.
ix well. Serve.






sauces &
dressings



# sauces & dressings

# raw "cheese" sauce

*This wonderful recipe is inspired by my friend Mary Ar*
*It's adapted from her book* MARY ANN'S HOME KITCHEN *I love it*

## ingredients

1 cup hot water

1 cup raw cashews

½ - 1 tsp salt

3 Tbsp fresh lemon juice

4 oz pimento or red bell pep

1 Tbsp onion powder

2 tsp garlic powder

3 Tbsp nutritional yeast

## equipment

measuring spoons and cups

blender

spatula

## instructions

### step 1

Place all ingredients into a high-speed blender, and blend until very creamy.

Toss over your favorite pasta or use as a dip. Can be heated

# raw "cheese" sauce

*derful recipe is inspired by my friend Mary Ann Jones.*
*:ed from her book* MARY ANN'S HOME KITCHEN *I love it!*

4 oz pimento or red bell pepper

1 Tbsp onion powder

2 tsp garlic powder

uice

3 Tbsp nutritional yeast

ıd cups

s

ce all ingredients into a high-speed blender, and blend
:il very creamy.

ss over your favorite pasta or use as a dip. Can be heated









# raw pesto sauce

*I love fresh basil and garlic combined. It's wonderful c*
*or even as a dip! Inspired from a friend years ag*

## ingredients

2 cups lightly packed fresh basil

1/3 cup raw walnuts

2 cloves fresh garlic

¼ cup raw cashews

¼ cup nutritional yeast fl

½ cup hot water

¾ tsp salt or to taste

## equipment

measuring spoons and cups

high-speed blender

spatula

## instructions

### step 1

Combine all ingredients into a high-speed blender and process until everything is smooth and creamy.

Pour over your favorite pasta, use as dip for veggies,

sauces & dressings

# raw pesto sauce

*ɛsh basil and garlic combined. It's wonderful over pasta r even as a dip! Inspired from a friend years ago.*

s

d fresh basil

¼ cup nutritional yeast flakes

½ cup hot water

¾ tsp salt or to taste

nd cups

ıs

ombine all ingredients into a high-speed blender and rocess until everything is smooth and creamy.

our over your favorite pasta, use as dip for veggies,

# raw almond dipping sauce

*This recipe is inspired from the Weimar Institute. I m*
*the recipe to use almonds in lieu of peanuts. It's so g*

## ingredients

½ cup almond butter
½ cup hot filtered water
1 tsp fresh lime juice
1 ½ Tbsp maple syrup
2 Tbsp cilantro, chopped
1 clove of garlic, minced
1 Tbsp liquid aminos or coconut aminos
salt to taste (optional)

## equipment

measuring spoons and cups
cutting board
bowl
spoon
knife

## instructions

### step 1

Combine all ingredients, and stir together until everything is well combined.

sauces & dressings

# almond dipping sauce

*ɔipe is inspired from the Weimar Institute. I modified*
*cipe to use almonds in lieu of peanuts. It's so good!*

r
ıter
p
ped

1 clove of garlic, minced
1 Tbsp liquid aminos or coconut aminos
salt to taste (optional)

ıd cups

spoon
knife

s

mbine all ingredients, and stir together until everything is
l combined.









# raw citrus dressing

*This wonderful recipe is inspired by the Weimar Ins*
*It pairs perfectly with mixed greens.*

## ingredients

½ cup fresh mandarin juice

¼ cup raw cashews

3 Tbsp fresh lime juice

1 clove raw garlic

2 pitted dates

¼ tsp salt

¼ tsp coconut aminos
or Bragg Liquid Amin

## equipment

measuring spoons and cups

blender

spatula

## instructions

step 1

Place all ingredients in a blender, and process until smooth.

step 2

Pour over your favorite salad or use as a

# raw citrus dressing

*wonderful recipe is inspired by the Weimar Institute.*
*It pairs perfectly with mixed greens.*

s

rin juice

ice

2 pitted dates

¼ tsp salt

¼ tsp coconut aminos
or Bragg Liquid Aminos

nd cups

ıs

lace all ingredients in a blender, and process
ntil smooth.

our over your favorite salad or use as a

# toasted sesame dressing

*Toasted sesame has a unique and strong flavor. This d*
*pairs well with Asian cuisine and is delicious over sc*

## ingredients

3 ½ Tbsp fresh lemon juice

2 Tbsp water

1 ½ Tbsp liquid aminos
or coconut aminos

2 Tbsp toasted sesame seeds

1 tsp minced garlic

1 tsp ginger root, grated

2 Tbsp raw almond butter

2 Tbsp maple syrup

¼ tsp toasted sesame oil

## equipment

measuring spoons and cups

cutting board and knife

blender

## instructions

step I

Combine all ingredients in a blender and blend on high until everything is well combined. Pour over your favorite salad.

# asted sesame dressing

*sesame has a unique and strong flavor. This dressing well with Asian cuisine and is delicious over salads.*

n juice

ıos

ɔs

.e seeds

ıd cups

ife

1 tsp minced garlic

1 tsp ginger root, grated

2 Tbsp raw almond butter

2 Tbsp maple syrup

¼ tsp toasted sesame oil

S

mbine all ingredients in a blender and blend on high until rything is well combined. Pour over your favorite salad.









# raw heirloom tomato salsa

*There is nothing like eating fresh tomatoes in seaso*
*recipe is wonderful with heirloom tomatoes! Fresh i*

## ingredients

½ red onion, finely diced

¼ cup red bell pepper, diced

2 Tbsp fresh parsley, chopped

1 Tbsp fresh cilantro, chopped

1 clove garlic, minced

¼ tsp cumin, toasted

2 cups heirloom tomatoes

1 Tbsp fresh lemon juice

½ tsp salt, or to taste

## equipment

measuring spoons and cups

cutting board

sharp knife

## instructions

### step 1

Using a small pan, heat the cumin over medium heat for 2-3 minutes, being careful not to burn it. This is a secret to working with aromatic spices. Toast before you add them

sauces & dressings

# heirloom tomato salsa

*e is nothing like eating fresh tomatoes in season. This*
*is wonderful with heirloom tomatoes! Fresh is back!*

S

diced

er, diced

, chopped

, chopped

ed

nd cups

¼ tsp cumin, toasted

2 cups heirloom tomatoes, diced

1 Tbsp fresh lemon juice

½ tsp salt, or to taste

IS

sing a small pan, heat the cumin over medium heat for
3 minutes, being careful not to burn it. This is a secret to
orking with aromatic spices. Toast before you add them

# raw marinara sauce

*This sauce is delicious raw! Fresh tomatoes in season m*
*even better. Inspired by Living Light Internation*

## ingredients

- 3 tomatoes, seeded and chopped
- ¼ cup tomato powder
- 2 Tbsp red onion, minced
- 1 garlic clove, minced
- 2 Tbsp fresh basil, minced
- 2 tsp fresh oregano, minced
- ½ tsp salt

## equipment

- measuring spoons and cups
- food processor
- food processor "S" blade
- bowl

## instructions

### step 1

Place the tomatoes and sun-dried tomato powder in the food processor and pulse to combine. You want a chunky texture.

### step 2

Add remaining ingredients and pulse briefly to combine. Let marinate for an hour. You can also heat this sauce over medium heat until all of the tomatoes are well cooked.

# raw marinara sauce

*ce is delicious raw! Fresh tomatoes in season make this n better. Inspired by Living Light International.*

nd chopped
er
nced
l

2 Tbsp fresh basil, minced
2 tsp fresh oregano, minced
½ tsp salt

ıd cups

food processor "S" blade
bowl

S

ce the tomatoes and sun-dried tomato powder in the food cessor and pulse to combine. You want a chunky texture.

d remaining ingredients and pulse briefly to combine. marinate for an hour. You can also heat this sauce over dium heat until all of the tomatoes are well cooked.









# basic cream sauce

*This recipe for cream sauce works very well. It is ve*
*for soups and other savory dishes. Enjoy!*

## ingredients

- 2 cups potato, peeled & chopped
- 2 cups water
- ¾ cup raw cashews, rinsed
- ½ tsp garlic powder
- 1 tsp salt

## equipment

- measuring spoons and cups
- blender
- medium sauce pan
- sharp knife
- cutting board

## instructions

### step 1

Peel and dice potatoes into medium chunks and place in sauce pan. Cover potatoes with water and bring to a boil over medium high heat. Cook until tender. Drain and set aside.

Using a high-speed blender, combine cashews, 2 cups water,

sauces & dressings

# basic cream sauce

*recipe for cream sauce works very well. It is versatile for soups and other savory dishes. Enjoy!*

s

d & chopped

rinsed

nd cups

½ tsp garlic powder

1 tsp salt

sharp knife

cutting board

ıs

eel and dice potatoes into medium chunks and place in uce pan. Cover potatoes with water and bring to a boil over edium high heat. Cook until tender. Drain and set aside.

sing a high-speed blender, combine cashews, 2 cups water,

# raw cashew dill dressing

*This recipe is a refreshing dressing. Cucumbers have a cooling effect on the body and are wonderful in season.*

## ingredients

- 1 medium cucumber, peeled
- ½ cup raw cashews
- 2 Tbsp fresh lemon juice
- 1 ½ tsp salt
- ¼ tsp onion powder
- ½ tsp dill weed
- pinch of guar gum to thicke
- add water as needed

## equipment

- measuring spoons and cups
- blender

## instructions

### step 1

Using a high-speed blender, blend all ingredients except dill weed. Blend until everything is very creamy.

Next, add the dill weed and pulse a few times until you see

# w cashew dill dressing

*ipe is a refreshing dressing. Cucumbers have a cooling ffect on the body and are wonderful in season.*

peeled

uice

½ tsp dill weed

pinch of guar gum to thicken

add water as needed

d cups

s

ng a high-speed blender, blend all ingredients except dill ed. Blend until everything is very creamy.

xt, add the dill weed and pulse a few times until you see









# raw tahini dressing

*This tahini uses fresh raw garlic, which is very pow*
*for health. Enjoy it on a salad or pair it with fala*

## ingredients

¾ cup water

2 cloves garlic

½ cup tahini

¼ cup fresh lemon juice

1 tsp onion powder

½ tsp salt

¼ tsp cumin

¼ tsp toasted sesame oil

## equipment

measuring spoons and cups

blender

## instructions

### step 1

Using a high-speed blender, combine all ingredients and blend on high speed until everything is creamy. Adjust salt if needed. Note: not all tahini brands are created equal. Some are more bitter than others. I like the brand Artisana. Savor!

# raw tahini dressing

*· tahini uses fresh raw garlic, which is very powerful*
*· health. Enjoy it on a salad or pair it with falafel.*

s

1 tsp onion powder

½ tsp salt

¼ tsp cumin

juice

¼ tsp toasted sesame oil

nd cups

ıs

sing a high-speed blender, combine all ingredients and
end on high speed until everything is creamy. Adjust salt if
eeded. Note: not all tahini brands are created equal. Some
e more bitter than others. I like the brand Artisana. Savor!

# raw herb dressing

*This is a nice oil-free dressing, and it's inspired and a*
*from the Weimar Institute. I love the texture and ta*

## ingredients

¼ cup fresh lemon juice

¾ cup water

½ tsp salt

1 clove garlic, minced

2 Tbsp honey

¼ tsp dried basil

¼ tsp dried oregano

1 tsp fresh parsley

½ tsp fresh chives

1 ½ Tbsp red bell pepper

¼ tsp guar gum powder

## equipment

measuring spoons and cups

blender

cutting board and knife

## instructions

step 1

Using a high-speed blender, add all of the ingredients except guar gum and red bell pepper. Blend on high until everything

# raw herb dressing

*ı nice oil-free dressing, and it's inspired and adapted the Weimar Institute. I love the texture and taste!*

ıice

l

ıd cups

ife

- ¼ tsp dried oregano
- 1 tsp fresh parsley
- ½ tsp fresh chives
- 1 ½ Tbsp red bell pepper
- ¼ tsp guar gum powder

S

ng a high-speed blender, add all of the ingredients except
ar gum and red bell pepper. Blend on high until everything










spreads


spreads

spreads

# raw almond butter

*Why buy almond butter when you can make it fresh at*
*It tastes great, is so easy, and you know exactly what i*

## ingredients

2 cups almonds, raw

½ tsp salt (optional)

## equipment

food processor

spatula

## instructions

step 1

Pour the almonds and salt (if using) into the food processor, using the “s” blade attachment.

step 2

Process the nuts until they are completely creamy and not dry. Be patient, you may think the almond butter is done, but usually it takes at least 15-20 minutes. Don’t be fooled by the processor; it needs a lot of spinning to release the oils from the nuts.

step 3

Store in an airtight container in the fridge for up to 1 month or longer.

spreads

# raw almond butter

*almond butter when you can make it fresh at home?*
*great, is so easy, and you know exactly what is in it.*

## equipment

food processor

spatula

## s

ır the almonds and salt (if using) into the food
cessor, using the “s” blade attachment.

cess the nuts until they are completely creamy and not
. Be patient, you may think the almond butter is done,
usually it takes at least 15-20 minutes. Don’t be fooled
the processor; it needs a lot of spinning to release the
s from the nuts.

re in an airtight container in the fridge for up to 1
nth or longer.









spreads

# cashew cheese spread

*This cheese is a hit in my home. It's adapted from the Weimar Institute.*

## ingredients

2 cups cooked and peeled potato

1 ¾ cups water

1 cup raw cashews

4 ounce jar pimentos

¼ cup nutritional yeast

2 Tbsp lemon juice

2 tsp salt

## equipment

measuring spoons and cups

blender

## instructions

step 1

Using a high-speed blender, combine all ingredients except the potatoes, and blend on high until you achieve a creamy texture.

step 2

Add the potatoes and blend again until a thick texture forms. Set up in the fridge or enjoy right away. Use for a

spreads

# cashew cheese spread

*This cheese is a hit in my home. It's adapted from the Weimar Institute.*

S

eeled potato

¼ cup nutritional yeast

2 Tbsp lemon juice

2 tsp salt

s

nd cups

IS

sing a high-speed blender, combine all ingredients
cept the potatoes, and blend on high until you achieve
creamy texture.

dd the potatoes and blend again until a thick texture
rms. Set up in the fridge or enjoy right away. Use for a

spreads

# roasted garlic hummus spread

*A wonderful spread to add to any vegetable or rice cake*
*things interesting. Adapted from the Weimar Instit*

## ingredients

- 1 garlic head, roasted & squeezed
- 2 cups cooked garbanzo beans
- ¼ cup fresh lemon juice
- ¼ cup tahini
- ½ tsp salt
- ½ tsp onion powder
- ½ tsp cumin powder
- filtered water as needed

## equipment

- measuring spoons and cups
- food processor
- food processor "S" blade
- knife and cutting board
- spatula

## instructions

step 1

Preheat oven to 400 degrees F. Cut top half of garlic to expose as many individual cloves as possible. Wrap garlic bulb in aluminum foil and place in oven for 1 hour to roast garlic. Remove from foil. Let cool. Squeeze garlic and use

spreads

# garlic hummus spread

*ful spread to add to any vegetable or rice cake, to make*
*ɾs interesting. Adapted from the Weimar Institute.*

& squeezed
ɪzo beans
ɪice

½ tsp salt
½ tsp onion powder
½ tsp cumin powder
filtered water as needed

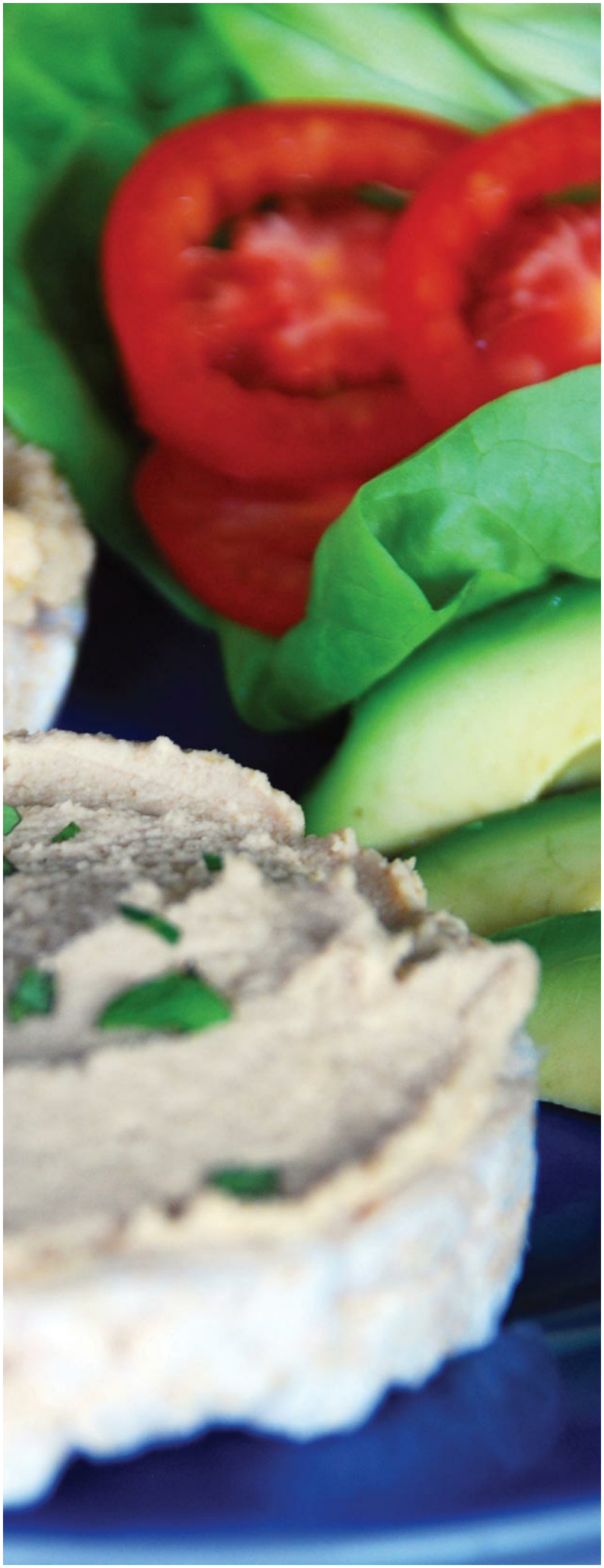
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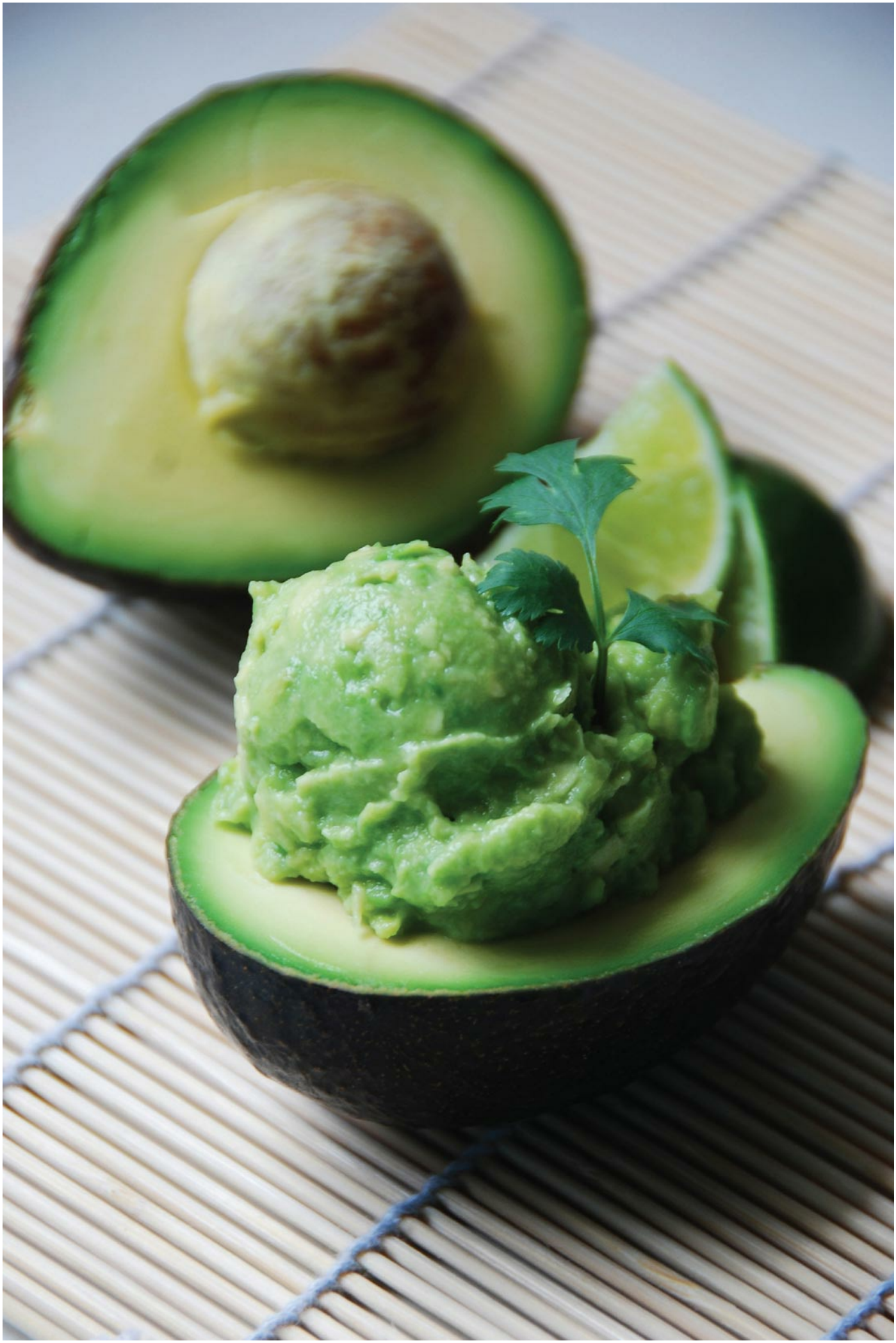
knife and cutting board
spatula

S

heat oven to 400 degrees F. Cut top half of garlic to
ose as many individual cloves as possible. Wrap garlic
b in aluminum foil and place in oven for 1 hour to roast
lic. Remove from foil. Let cool. Squeeze garlic and use









spreads

# raw avocado spread

*Avocados are one of my favorite foods! They are f*
*good fats, and they are so creamy and deliciou*

## ingredients

3 large avocados, mashed

1 Tbsp fresh lime juice

2 tsp red onion, minced

½ tsp salt

¼ tsp garlic powder

2 tsp cilantro, finely chopp

2 tsp tomato, finely chopp

(optional)

## equipment

measuring spoons and cups

cutting board

sharp knife

medium bowl

fork or potato masher

## instructions

step 1 Cut, peel, and pit avocados. Mash with a fork or potato mashe

step 2 Next, add all of the ingredients together. Use to top off your baked potato, add to your favorite Mexican dish, put on your

spreads

# raw avocado spread

*cados are one of my favorite foods! They are full of good fats, and they are so creamy and delicious!*

## S

ashed
ice
ıced

¼ tsp garlic powder
2 tsp cilantro, finely chopped
2 tsp tomato, finely chopped (optional)

ınd cups

medium bowl
fork or potato masher

## ıS

ıt, peel, and pit avocados. Mash with a fork or potato masher.

ext, add all of the ingredients together. Use to top off your ıked potato, add to your favorite Mexican dish, put on your

spreads

# berry jam

*No need to buy jam again. You can make it yourself w*
*the added sugar. Inspired by the Weimar Institut*

## ingredients

1 can frozen juice concentrate*

2 cups frozen berries

1 cup water

¼ cup quick tapioca

*Note, be sure to find 100%
concentrate in the freezer
can always use apple juice
grape juice for your jams.

## equipment

measuring spoons and cups

medium sauce pan

## instructions

step 1

Combine all ingredients into the sauce pan and cook over medium heat, stirring constantly until the tapioca appears clear.

step 2

Remove from heat and place berry jam in a container and set up in the fridge. Enjoy as a topping to ice cream

spreads

# berry jam

*d to buy jam again. You can make it yourself without
: added sugar. Inspired by the Weimar Institute.*

ıcentrate*

*Note, be sure to find 100% juice concentrate in the freezer aisle. You can always use apple juice or white grape juice for your jams.

ıd cups

S

ımbine all ingredients into the sauce pan and cook
:r medium heat, stirring constantly until the tapioca
ɔears clear.

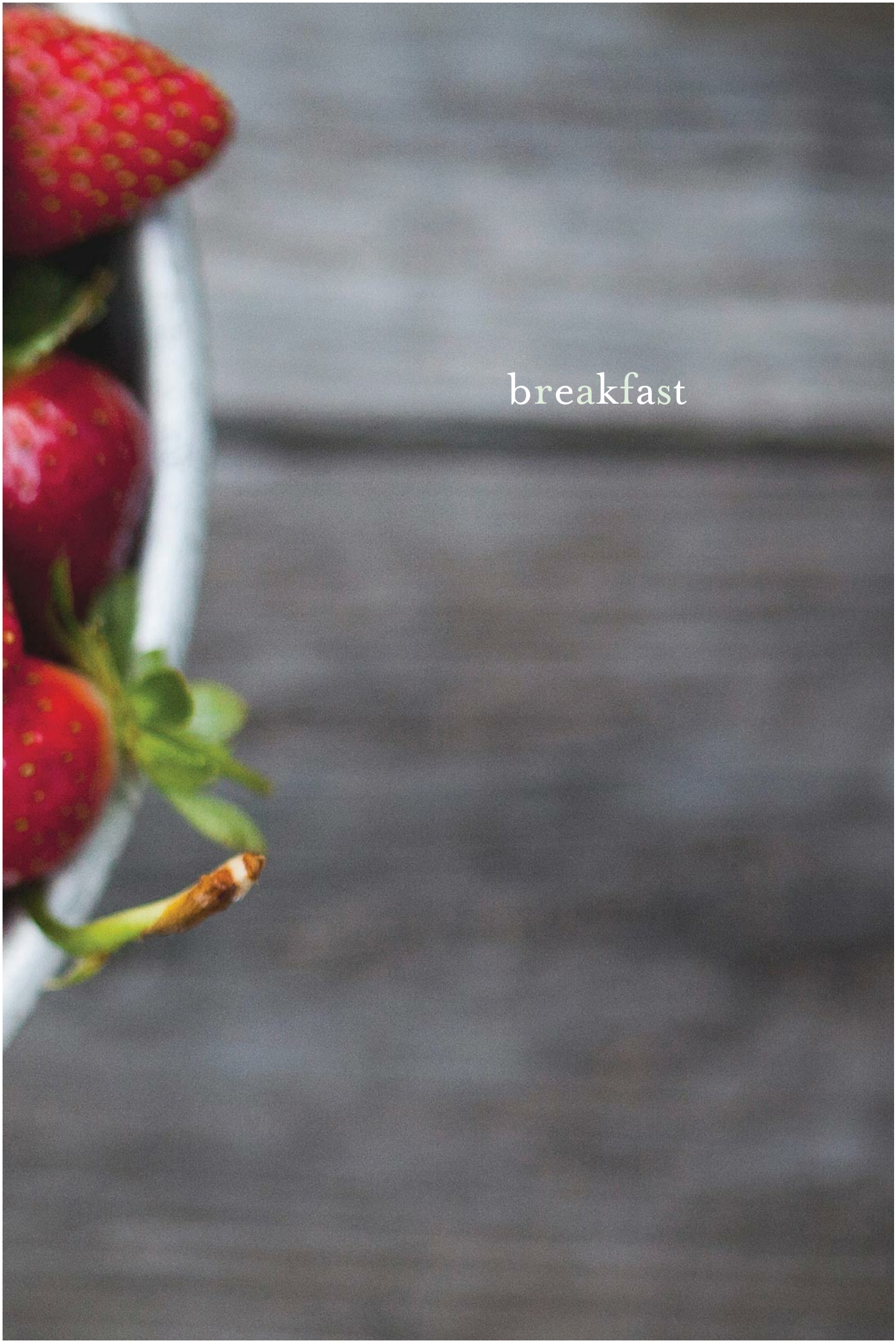
ınove from heat and place berry jam in a container
l set up in the fridge. Enjoy as a topping to ice cream










breakfast


breakfast

breakfast

# gluten-free waffles

*My children love this recipe. It's a wonderful alternati*
*traditional waffles loaded with dairy and eggs. Enjoy a*

## ingredients

1 ½ cups rice or almond milk

1 cup brown rice flour

2 Tbsp maple syrup

½ cup gluten-free quick oats

½ cup potato starch

¼ cup tapioca flour

pinch of salt

1 Tbsp Ener-G baking powd
or 1 ½ tsp aluminum-fr
baking powder

1 pitted date or 2 Tbsp date
(optional)

## equipment

measuring spoons and cups

blender

waffle iron

## instructions

Place all of the ingredients into your high-speed blender

breakfast

# gluten-free waffles

*ren love this recipe. It's a wonderful alternative to the al waffles loaded with dairy and eggs. Enjoy anytime!*

ond milk

r

uick oats

1 Tbsp Ener-G baking powder
or 1 ½ tsp aluminum-free
baking powder

1 pitted date or 2 Tbsp date sugar
(optional)

id cups

s

ce all of the ingredients into your high-speed blender









breakfast

# gluten-free blueberry pancakes

*Blueberries are packed with antioxidants. This panca*
*is not only good for you, but it's also delicious.*

## ingredients

1 ½ cups rice or almond milk

1 cup brown rice flour

2 Tbsp maple syrup

½ cup gluten-free quick oats

½ cup potato starch

¼ cup tapioca flour

fresh or frozen blueberries

pinch of salt

1 Tbsp Ener-G baking pow
or 1 ½ tsp aluminum-f
baking powder

1 pitted date or 2 Tbsp dat
(optional)

## equipment

measuring spoons and cups

blender

griddle or skillet

spatula

## instructions

Preheat your griddle to 375 degrees F. You may have to spray

breakfast

# -free blueberry pancakes

*rries are packed with antioxidants. This pancake recipe is not only good for you, but it's also delicious.*

S

ıond milk

ur

ıuick oats

ı

berries

ınd cups

1 Tbsp Ener-G baking powder
or 1 ½ tsp aluminum-free baking powder

1 pitted date or 2 Tbsp date sugar (optional)

griddle or skillet

spatula

ıS

reheat your griddle to 375 degrees F. You may have to spray

breakfast

# gluten-free cranberry-orange scones

*These muffin/scones hit the spot when you need a quick idea. Make a few recipes ahead of time and freeze for*

## ingredients

1 ½ cups brown rice flour

1 cup finely chopped walnuts

1 tsp salt

½ cup tapioca starch or potato starch

¾ cup almond or rice milk

½ cup honey

¼ cup orange juice concentrate

¾ cup chopped cranberries

½ cup chopped pitted dates

2 Tbsp Ener-G baking powd
or 1 Tbsp aluminum-fre
baking powder

## equipment

measuring spoons and cups

blender

muffin tins

## instructions

In a medium mixing bowl, combine rice flour, tapioca starch,

breakfast

# cranberry-orange scones

*ffin/scones hit the spot when you need a quick breakfast*
*Iake a few recipes ahead of time and freeze for later.*

flour

walnuts

or potato starch

e milk

oncentrate

ıd cups

¾ cup chopped cranberries

½ cup chopped pitted dates

2 Tbsp Ener-G baking powder
or 1 Tbsp aluminum-free
baking powder

s

a medium mixing bowl, combine rice flour, tapioca starch,









# berries with coconut whipped cream

*Breakfast should be the best meal of the day! Why n*
*a beautiful, healthy dessert for breakfast, guilt-f*

## ingredients

2-4 cups fresh strawberries, sliced

1 recipe coconut whipped cream (p 171)

1 cup grain-free granola (p 94)

## equipment

knife and cutting board

## instructions

### step 1

Using a parfait glass or bowl, add grain-free granola, followe
by sliced strawberries, followed by whipped cream.

# ı coconut whipped cream

*fast should be the best meal of the day! Why not have eautiful, healthy dessert for breakfast, guilt-free?*

S

berries, sliced

ipped cream (p 171)

nola (p 94)

ɔard

ıS

sing a parfait glass or bowl, add grain-free granola, followed
/ sliced strawberries, followed by whipped cream.

breakfast

# grain-free granola

*This is a great grain-free granola to use as a cereal in the to add to your desserts.*

## ingredients

1 cup cashews

1 cup unsweetened coconut

1 ½ cups chopped walnuts

1 cup sunflower seeds

⅓ cup almond butter

⅓ cup maple syrup

2 Tbsp liquid vanilla

pinch of salt

## equipment

measuring spoons and cups

blender or food processor

cookie sheet

## instructions

step 1

Preheat oven to 300 degrees F. In a medium size bowl, combi
the cashews, unsweetened shredded coconut, walnuts, and sunflower seeds.

breakfast

# grain-free granola

*at grain-free granola to use as a cereal in the morning or to add to your desserts.*

⅓ cup almond butter

oconut

⅓ cup maple syrup

lnuts

2 Tbsp liquid vanilla

s

pinch of salt

id cups

essor

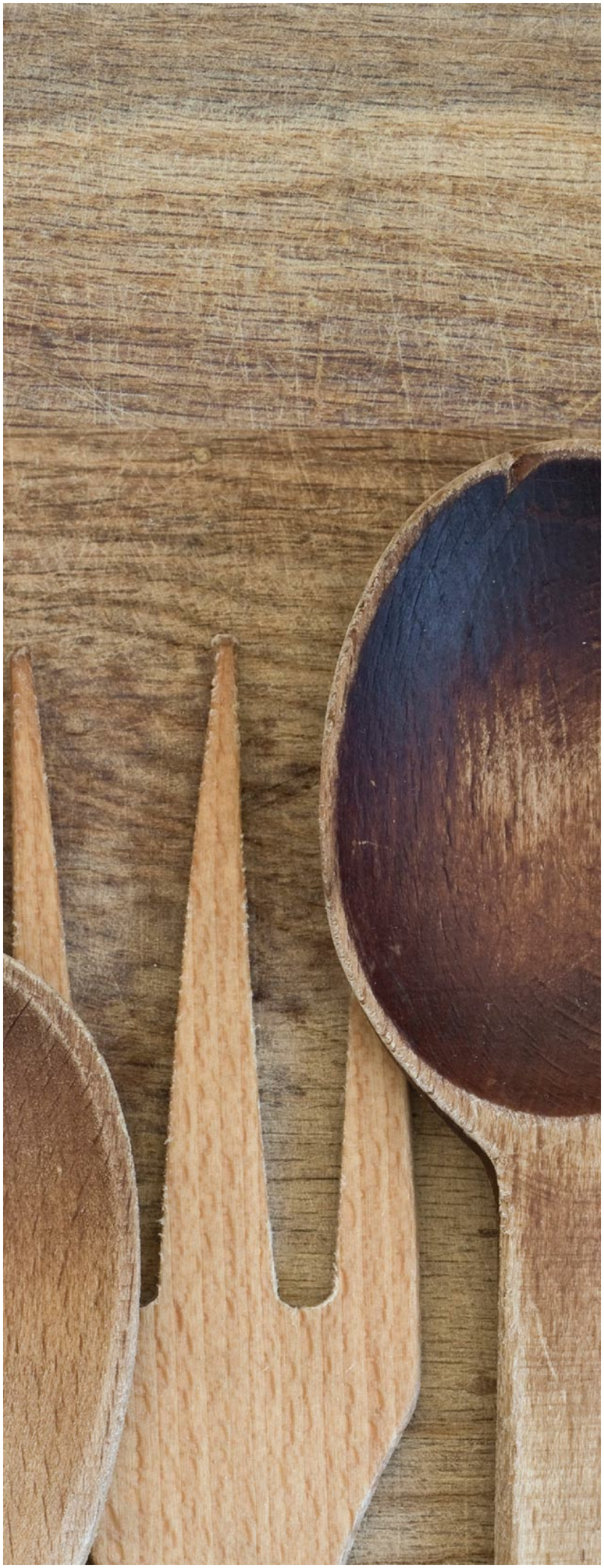
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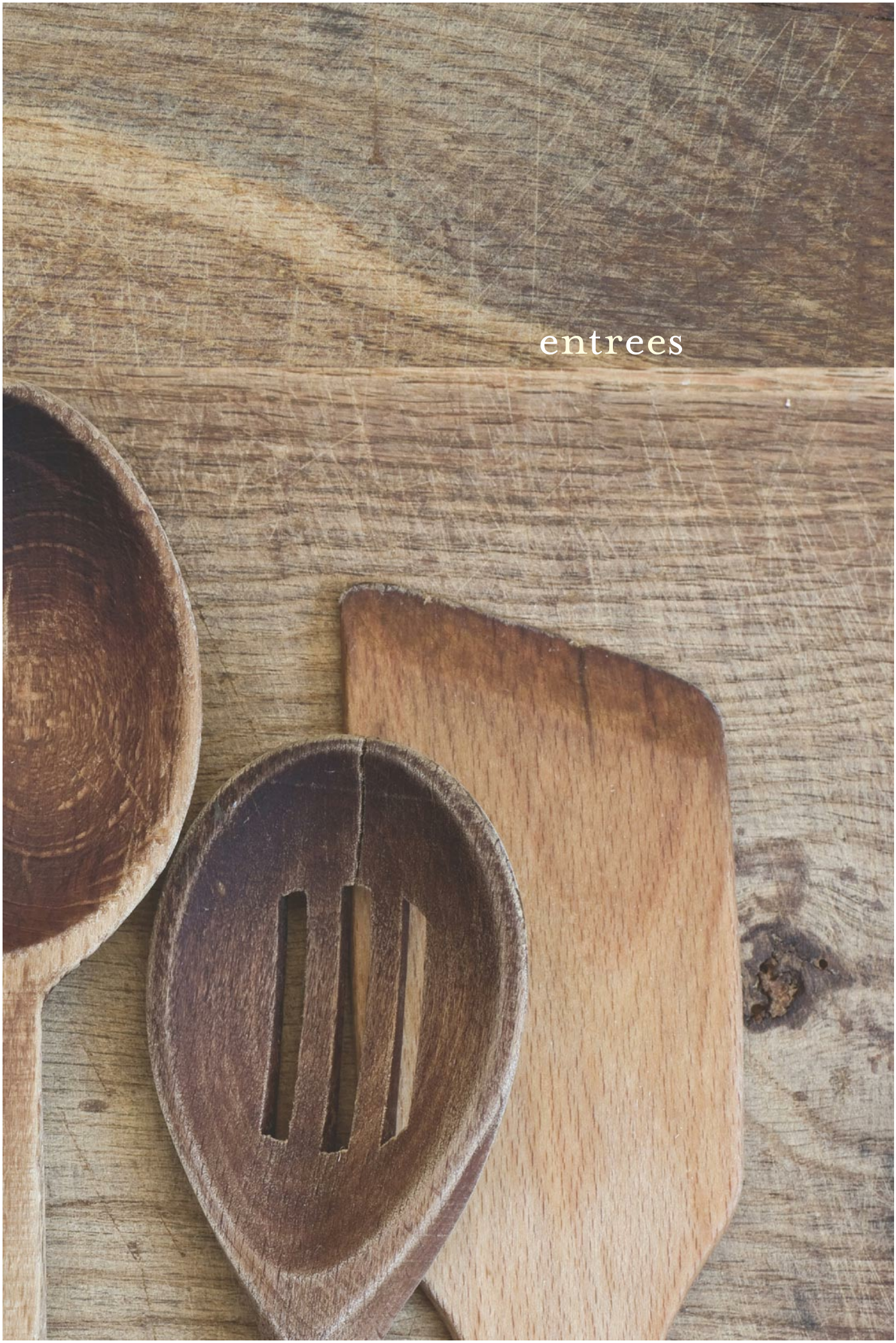
heat oven to 300 degrees F. In a medium size bowl, combine cashews, unsweetened shredded coconut, walnuts, and flower seeds.

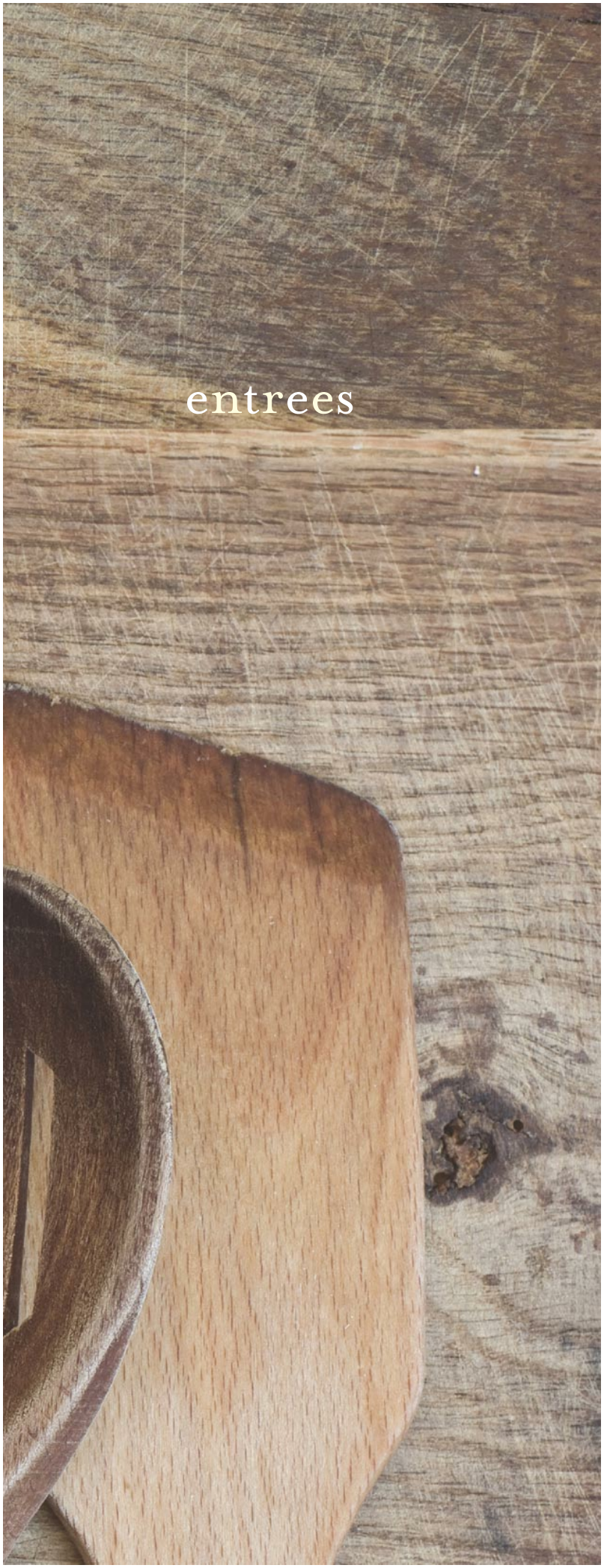









entrees


entrees

# garden burger

*This is a great recipe full of vegetables. Made with zucchi onions, and garlic! Inspired by the Weimar Institu*

## ingredients

- 2 cups grated zucchini
- ½ cup gluten-free flour
- 2 Tbsp 'chik-n' seasoning (p 168)
- ½ tsp salt
- 1 cup onion, diced
- 1 clove garlic, minced
- ½ cup pecans/walnuts, ch
- ¼ cup nutritional yeast
- 1 cup gluten-free oats
- 1 cup carrot cut into small

## equipment

- measuring spoons and cups
- food processor
- food processor "S" blade
- sprayed cookie sheet
- 2 medium bowls
- knife and cutting board

## instructions

### step 1

Preheat oven to 375 degrees F. Place the grated zucchini, 'chik-n' seasoning, and salt in bowl. Mix well so that the water from the zucchini begins to release and form a marinad

# garden burger

*eat recipe full of vegetables. Made with zucchini, carrot, ons, and garlic! Inspired by the Weimar Institute.*

ni
our
ning (p 168)

1 clove garlic, minced
½ cup pecans/walnuts, chopped
¼ cup nutritional yeast
1 cup gluten-free oats
1 cup carrot cut into small chunks

ıd cups
ade

sprayed cookie sheet
2 medium bowls
knife and cutting board

s

heat oven to 375 degrees F. Place the grated zucchini,
ik-n' seasoning, and salt in bowl. Mix well so that the
ter from the zucchini begins to release and form a marinade.









# sunny carrot burger

*Burgers are such an American tradition. These are ma*
*the meat or cheese, which means they are healt*

## ingredients

- 2 cups shredded carrots
- 1 ½ cups raw sunflower seeds
- ½ cup walnuts, chopped
- ½ cup brown rice flour
- ½ onion, chopped
- ½ cup tomato sauce
- 1 Tbsp onion powder
- 1 ½ tsp salt
- 1 tsp cumin
- 1 tsp oregano
- 1 clove garlic

## equipment

- measuring spoons and cups
- food processor
- food processor "S" blade
- sprayed cookie sheet
- 1 large bowl
- knife and cutting board

## instructions

Preheat the oven to 375 degrees F. Using a food processor with the "S" blade, combine the sunflower seeds, rice flour,

entrees

# sunny carrot burger

*are such an American tradition. These are made without ne meat or cheese, which means they are healthy.*

## S

rots
wer seeds
pped
our

1 Tbsp onion powder
1 ½ tsp salt
1 tsp cumin
1 tsp oregano
1 clove garlic

nd cups

sprayed cookie sheet
1 large bowl

lade

knife and cutting board

## IS

eheat the oven to 375 degrees F. Using a food processor ith the “S” blade, combine the sunflower seeds, rice flour,

# nacho typical nachos, better!

*I cannot tell you how much my family loves these nachos. T*
*healthy, and it beats any kind you get elsewhere.*

## ingredients

1 recipe raw avocado spread (p 80)

1 recipe raw cheese sauce (p 50)

1 recipe hearty vegan chili (p 14)

1 recipe raw heirloom tomato salsa (p 60)

favorite gluten-free c

chopped olives

shredded romaine let

1 recipe Spanish rice (

## equipment

cutting board

sharp knife

## instructions

step 1

Place chips on the bottom of the plate. Layer in the following order, beans or chili, rice, “cheese,” salsa, avocado, olives, and lettuce.

# typical nachos, better!

*you how much my family loves these nachos. They are so ealthy, and it beats any kind you get elsewhere!*

spread (p 80)
uce (p 50)
chili (p 14)
tomato salsa (p 60)

favorite gluten-free chips
chopped olives
shredded romaine lettuce
1 recipe Spanish rice (p 112)

S

ce chips on the bottom of the plate. Layer in the
owing order, beans or chili, rice, “cheese,” salsa, avocado,
es, and lettuce.









# asian spring roll with almond sauce

*What a great way to get your salad in a wrap! Top it*
*almond sauce. Eat more veggies this way … it's deli*

## ingredients

1 cup fresh zucchini, spiralized

1 cup fresh carrots, shredded

1 avocado cut into 6 wedges

1 cup mung bean sprouts

6 fresh, large basil leaves

3 Tbsp mint, chopped

3 Tbsp cilantro, chopped

6 rice paper wrappers

1 recipe almond sauce (p 5

## equipment

measuring spoons and cups

shallow pie pan

knife

cutting board

## instructions

Place warm water into the shallow pie pan. Take one rice paper wrap at a time and dip it into the water for about 5

# ıg roll with almond sauce

*great way to get your salad in a wrap! Top it off with nd sauce. Eat more veggies this way … it's delicious!*

S

- spiralized
- shredded
- wedges
- routs
- eaves
- ed

- nd cups

- knife
- cutting board

ıS

ace warm water into the shallow pie pan. Take one rice aper wrap at a time and dip it into the water for about 5

# enchilada bake

*This is a really great dish to make ahead of time and f*
*Then pull it out of the freezer, reheat, and dinner is r*

## ingredients

- 1 ½ cups black beans, cooked
- 1 cup frozen organic corn
- 1 ½ cups pinto beans, cooked
- 1 cup sliced black olives
- 12 corn tortillas
- 1 red bell pepper, diced
- 1 recipe raw cheese sauce (p 50)
- 1 onion, diced
- 3 cloves garlic, minced
- 1 Tbsp cumin
- 2 tsp salt
- 2 Tbsp chili powder
- 3 tsp dried oregano
- 2 cups of your favorite sals

## equipment

- measuring spoons and cups
- large skillet or pot
- knife and cutting board
- 9 X 13 sprayed baking dish

## instructions

step 1

In a small dry pan, stir chili powder and cumin over medium high heat. Stir constantly for 2-3 minutes or until the spices

entrees

# enchilada bake

*a really great dish to make ahead of time and freeze.*
*ull it out of the freezer, reheat, and dinner is ready.*

, cooked
corn
, cooked
es
ed
uce (p 50)

1 onion, diced
3 cloves garlic, minced
1 Tbsp cumin
2 tsp salt
2 Tbsp chili powder
3 tsp dried oregano
2 cups of your favorite salsa

d cups

knife and cutting board
9 X 13 sprayed baking dish

## S

a small dry pan, stir chili powder and cumin over medium
h heat. Stir constantly for 2-3 minutes or until the spices















# mini tacos

*Taco night is a tradition in my family. These are a fu*
*have mini taco salads. Fill them with your favorite v*

## ingredients

- 6 mini organic corn tortillas
- 1 cup chopped tomatoes or salsa
- 1 cup hearty vegan chili (p 14)
- 2 cups shredded lettuce
- 1 cup sliced black olives
- 1 cup raw cheese sauce (p 5
- 1 cup raw avocado spread (
- cooking spray to prevent s

## equipment

- 2 regular size muffin pans
- knife and cutting board
- shallow pie pan
- skillet

## instructions

**step 1** Pre-heat the oven to 350 degrees F. Spray the backside of two regular muffin pans with non-stick cooking spray. Set aside.

**step 2** Pre-heat a skillet over medium heat. Fill a shallow pie pan with water

# mini tacos

*ight is a tradition in my family. These are a fun way to nini taco salads. Fill them with your favorite veggies.*

## S

- tortillas
- toes or salsa
- hili (p 14)
- uce
- 1 cup sliced black olives
- 1 cup raw cheese sauce (p 50)
- 1 cup raw avocado spread (p 80)
- cooking spray to prevent sticking

## .

- n pans
- oard
- shallow pie pan
- skillet

## IS

e-heat the oven to 350 degrees F. Spray the backside of o regular muffin pans with non-stick cooking spray. Set ide.

e-heat a skillet over medium heat. Fill a shallow pie pan ith water

# anytime veggie burrito

*Burritos are a great way to stuff a lot of vegetables i*
*wrap. I like to call these salads you can hold.*

## ingredients

1 cup chopped tomatoes or salsa

1 cup hearty vegan chili (p 14)

1 cup shredded lettuce

½ cup sliced black olives

½ cup raw cheese sauce (p 50)

½ cup raw avocado spread

2 brown rice tortilla wraps
or large collard green le
or large corn tortillas

## equipment

knife and cutting board

shallow pie pan

skillet

## instructions

### step 1

Pre-heat a skillet over medium heat. Fill a shallow pie pan with water.

# nytime veggie burrito

*tos are a great way to stuff a lot of vegetables into a wrap. I like to call these salads you can hold.*

oes or salsa
ili (p 14)
e
ives
uce (p 50)

½ cup raw avocado spread (p 80)
2 brown rice tortilla wraps
or large collard green leaves
or large corn tortillas

ard

s

-heat a skillet over medium heat. Fill a shallow pie
with water.









# spanish rice

*Spanish rice is a wonderful meal by itself or as a side d*
*also a great base to put soup or beans over. Enj*

## ingredients

1 cup long grain brown rice

2 cups water

2 Tbsp tomato paste

½ tsp salt

½ tsp cumin powder

½ tsp chili powder

½ tsp paprika

2 Tbsp 'chik-n' seasoning (p 16

¾ cup organic frozen corn

2 cloves garlic, minced

½ cup onion, diced

## equipment

measuring spoons and cups

medium sauce pan

knife and cutting board

## instructions

In the dry medium sauce pan, stir chili powder, paprika, and cumin over medium high heat. Stir constantly for 2-3

# spanish rice

*ı rice is a wonderful meal by itself or as a side dish. It is 'so a great base to put soup or beans over. Enjoy!*

S

wn rice

e

er

½ tsp paprika

2 Tbsp 'chik-n' seasoning (p 168)

¾ cup organic frozen corn

2 cloves garlic, minced

½ cup onion, diced

ınd cups

ɔard

ıS

ı the dry medium sauce pan, stir chili powder, paprika,

ıd cumin over medium high heat. Stir constantly for 2-3

# raw zucchini pasta marinara

*Who knew? Zucchini transformed into pasta. This is a g*
*to use all of that zucchini you will have this summe*

## ingredients

2 zucchinis

1 cup raw marinara sauce (p 62)

2 Tbsp raw pecan parmesan (p 172)

## equipment

measuring spoons and cups

spiralizer

vegetable peeler

## instructions

step 1

Peel zucchini and spiralize according to the manufacturer's instructions.

step 2

Top noodles with marinara sauce and raw pecan parmesan cheese.

# ucchini pasta marinara

*y? Zucchini transformed into pasta. This is a great way se all of that zucchini you will have this summer.*

auce (p 62)

rmesan (p 172)

d cups

s

el zucchini and spiralize according to the nufacturer's instructions.

p noodles with marinara sauce and raw pecan rmesan cheese.



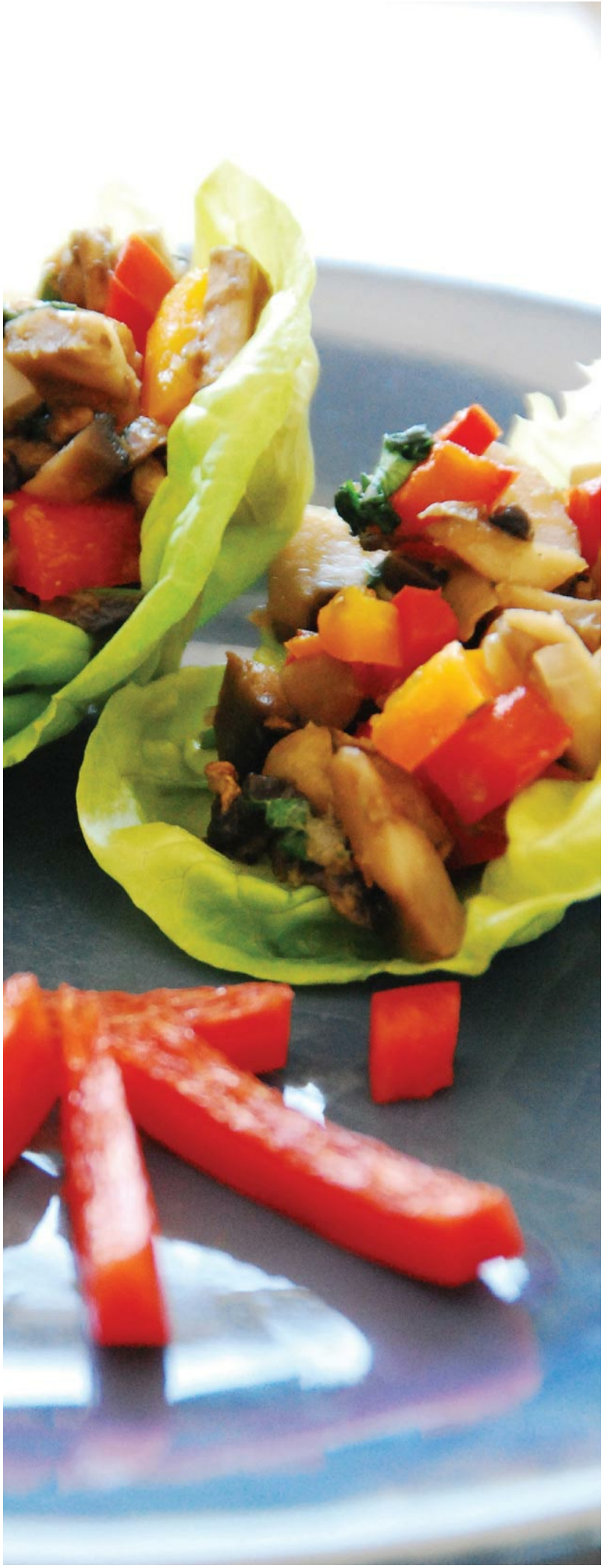












# asian lettuce cups

*Lettuce cups are a great way to get a combination of*
*cooked vegetables. These are a great finger foo*

## ingredients

¼ cup liquid aminos

1 tsp grated fresh ginger

½ tsp toasted sesame oil

½ cup red onion, minced

2 stalks celery, diced

1 cup mushrooms, sliced

1 red bell pepper, diced

1 green onion, diced

1 clove garlic, minced

2 Tbsp 'chik-n' seasoning (p 168)

8-9 lettuce leaves, depending on hov

water as needed for liquid to cook ve

## equipment

measuring spoons and cups

knife and cutting board

skillet

## instructions

Place all of the ingredients into the skillet, except the

# asian lettuce cups

*: cups are a great way to get a combination of raw and :ooked vegetables. These are a great finger food.*

S

| | |
|---|---|
| s | 1 green onion, diced |
| nger | 1 clove garlic, minced |
| ıe oil | 2 Tbsp 'chik-n' seasoning (p 168) |
| inced | 8-9 lettuce leaves, depending on how large |
| d | water as needed for liquid to cook vegetables |

liced

ced

nd cups

ard

IS

ace all of the ingredients into the skillet, except the

# fried rice

*Fried rice is one of those dishes that serves as a meal b*
*The key to this recipe is to use your leftover brown r*

## ingredients

2-3 cups prepared brown rice
1 cup carrots, julienne sliced
1 cup frozen peas or sugar peas
1 cup broccoli, steamed
2 green onions, sliced
1 cup mushrooms, sliced
1 tsp toasted sesame oil
1 clove garlic, minced
1 Tbsp 'chik-n' seasoning (p 1
water as needed to cook vege
¼ cup Bragg Liquid Aminos,
or other gluten free soy sa

## equipment

measuring spoons and cups
skillet
knife and cutting board
steamer

## instructions

### step 1

In a steamer or separate pan, steam the broccoli until soft. Turn off heat and set aside.

# fried rice

*ce is one of those dishes that serves as a meal by itself.*
*key to this recipe is to use your leftover brown rice.*

own rice
e sliced
ugar peas
ed
d
ced

1 tsp toasted sesame oil
1 clove garlic, minced
1 Tbsp 'chik-n' seasoning (p 168)
water as needed to cook vegetables
¼ cup Bragg Liquid Aminos,
or other gluten free soy sauce

ıd cups

knife and cutting board
steamer

s

a steamer or separate pan, steam the broccoli until soft.
rn off heat and set aside.









# raw angel hair zucchini pesto

*Zucchini makes wonderful noodles. I love to eat this p*
*the pesto sauce. It's a great way to go raw!*

## ingredients

2 medium zucchini, peeled

3 Tbsp raw pesto sauce (p 52)

3 Tbsp raw pecan parmesan cheese (p 172)

## equipment

measuring spoons

angel hair spiralizer

vegetable peeler

## instructions

step 1 Spiralize peeled zucchini according to manufacturer's instructions.

step 2 Top noodles with raw pesto sauce and raw pecan parmesan cheese as desired.

# ngel hair zucchini pesto

*i makes wonderful noodles. I love to eat this pasta with the pesto sauce. It's a great way to go raw!*

s

peeled

uce (p 52)

rmesan cheese (p 172)

ıs

piralize peeled zucchini according to manufacturer's
structions.

op noodles with raw pesto sauce and raw pecan
rmesan cheese as desired.

entrees

# zucchini latke

*These little delights are big on flavor and texture. Traditic have potato, egg, and flour. Here's a new traditic*

## ingredients

3 medium zucchini, grated

½ cup garbanzo bean flour

½ tsp coriander

½ tsp onion powder

½ tsp cumin

½ tsp garlic powder

1 tsp salt

spray oil (to prevent sticking)

## equipment

measuring spoons and cups

grater

skillet

## instructions

### step 1

Using a grater, grate 3 medium zucchini or until you have about 2 ½ cups. Transfer to a bowl. Set aside.

### step 2

In a dry skillet, stir coriander and cumin over medium high

# zucchini latke

*delights are big on flavor and texture. Traditional latkes*
*e potato, egg, and flour. Here's a new tradition.*

grated
n flour

½ tsp cumin
½ tsp garlic powder
1 tsp salt
spray oil (to prevent sticking)

d cups

S

ng a grater, grate 3 medium zucchini or until you have
out 2 ½ cups. Transfer to a bowl. Set aside.

a dry skillet, stir coriander and cumin over medium high









entrees

# falafel patties

*I love middle-eastern cuisine, and falafel patties are such*
*There are so many good things packed inside the*

## ingredients

2 cups garbanzo beans, cooked
2 Tbsp garbanzo bean flour
1 tsp coriander
1 tsp chili powder
1 tsp cumin
¼ cup fresh parsley, chopped
¼ cup fresh cilantro, chop
2 tsp lemon juice, fresh
2 cloves of garlic, minced
½-1 tsp salt or to taste
spray oil (to prevent sticki

## equipment

measuring spoons and cups
food processor
"S" blade
knife and cutting board
skillet

## instructions

step 1

In a dry skillet over medium high heat, stir coriander, chili powder, and cumin. Stir constantly for 2-3 minutes or until

entrees

# falafel patties

*'e-eastern cuisine, and falafel patties are such a great dish. here are so many good things packed inside these.*

## S

- ans, cooked
- an flour
- , chopped

- ¼ cup fresh cilantro, chopped
- 2 tsp lemon juice, fresh
- 2 cloves of garlic, minced
- ½-1 tsp salt or to taste
- spray oil (to prevent sticking)

## .

- nd cups

- knife and cutting board
- skillet

## IS

a dry skillet over medium high heat, stir coriander, chili owder, and cumin. Stir constantly for 2-3 minutes or until

# zucchini waffle

*Who said that waffles are for breakfast? I love these breakfast, lunch, or dinner. It's a nice savory me*

## ingredients

- 3 medium zucchini, grated
- ½ cup garbanzo bean flour
- ½ tsp coriander
- ½ tsp onion powder
- ½ tsp cumin
- ½ tsp garlic powder
- 1 tsp salt
- spray oil (to prevent sticking)

## equipment

- measuring spoons and cups
- grater
- waffle iron

## instructions

### step 1

Using a grater, grate 3 medium zucchini or until you have about 2 ½ cups. Transfer to a bowl. Set aside.

### step 2

In a dry skillet, stir coriander and cumin over medium high

# zucchini waffle

*said that waffles are for breakfast? I love these for akfast, lunch, or dinner. It's a nice savory meal.*

grated

n flour

½ tsp cumin

½ tsp garlic powder

1 tsp salt

spray oil (to prevent sticking)

d cups

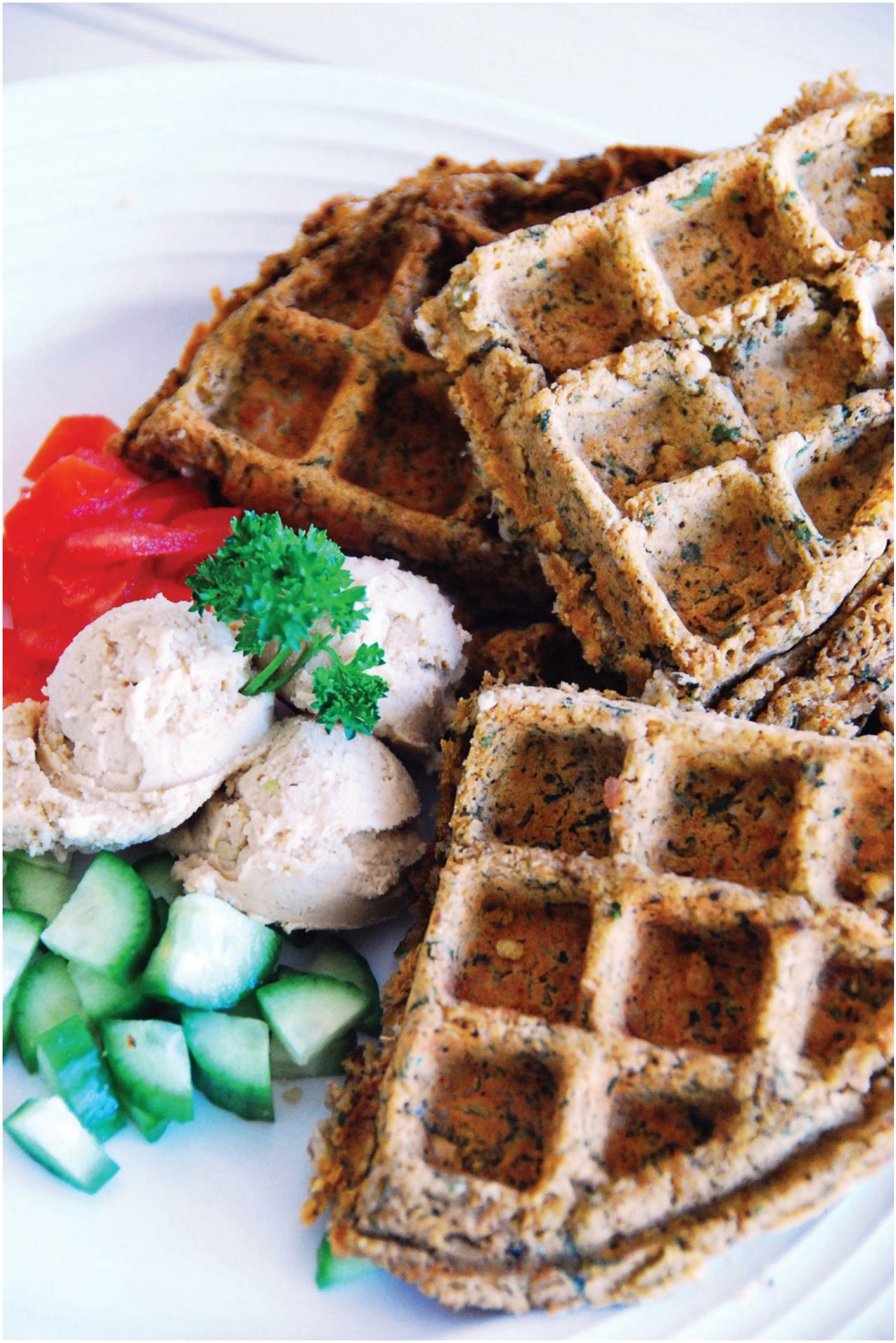
S

ng a grater, grate 3 medium zucchini or until you have out 2 ½ cups. Transfer to a bowl. Set aside.

a dry skillet, stir coriander and cumin over medium high









# falafel waffle

*This recipe came to me one day while making falafel*
*seems that falafels and waffles were meant to be c*

## ingredients

- 2 cups garbanzo beans, cooked
- 2 Tbsp garbanzo bean flour
- 1 tsp coriander
- 1 tsp chili powder
- 1 tsp cumin
- ¼ cup fresh parsley, chopped
- ¼ cup fresh cilantro, chop
- 2 tsp lemon juice, fresh
- 2 cloves of garlic, minced
- ½-1 tsp salt or to taste
- spray oil (to prevent sticki

## equipment

- measuring spoons and cups
- food processor
- "S" blade
- knife and cutting board
- waffle iron

## instructions

step 1

In a dry skillet over medium high heat, stir coriander, chili powder, and cumin. Stir constantly for 2-3 minutes or until t

entrees

# falafel waffle

*ecipe came to me one day while making falafels. It just ms that falafels and waffles were meant to be one.*

S

- ans, cooked
- an flour
- , chopped

- ¼ cup fresh cilantro, chopped
- 2 tsp lemon juice, fresh
- 2 cloves of garlic, minced
- ½-1 tsp salt or to taste
- spray oil (to prevent sticking)

- nd cups

- knife and cutting board
- waffle iron

IS

a dry skillet over medium high heat, stir coriander, chili owder, and cumin. Stir constantly for 2-3 minutes or until the

# pesto pasta, please

*Gluten-free pasta has come a long way, but the pe*
*is the key ingredient in this recipe!*

## ingredients

12 ounces of gluten-free pasta

1 recipe raw pesto sauce (p 52)

## equipment

large soup pot

strainer

## instructions

**step 1** Boil pasta according to directions. Strain and return to pot.

**step 2** Next, add the "raw pesto sauce" to the noodles and heat over medium heat. Be careful not to burn the pesto. Enjoy!

# pesto pasta, please

*ten-free pasta has come a long way, but the pesto is the key ingredient in this recipe!*

ree pasta

ıce (p 52)

S

l pasta according to directions.

ain and return to pot.

xt, add the “raw pesto sauce” to the noodles

l heat over medium heat. Be careful not to

n the pesto. Enjoy!









# mac-n-cheese

*Growing up, I loved mac-n-cheese. Of course, my fa*
*was out of a box. This recipe thinks outside of the*

## ingredients

12 ounces of gluten-free pasta

1 recipe raw cheese sauce (p 50)

1 cup organic frozen peas

## equipment

large soup pot

strainer

## instructions

### step 1

Boil pasta according to directions. Strain and return to pot.

### step 2

Next, add peas and the "raw cheese sauce" to the noodles, and heat over medium heat. Be careful not to burn the sauce.

# mac-n-cheese

*g up, I loved mac-n-cheese. Of course, my favorite one*
*: out of a box. This recipe thinks outside of the box.*

S

-free pasta

sauce (p 50)

ı peas

.

lS

oil pasta according to directions.

rain and return to pot.

ext, add peas and the “raw cheese sauce” to the
oodles, and heat over medium heat. Be careful
ot to burn the sauce.

# broccoli stuffed baked potato

*Growing up, there was a place that served only potatoes. I*
*option was the broccoli and cheese stuffed potato*

## ingredients

2 medium Yukon gold potatoes

2 cups organic broccoli, steamed

1 cup cashew cheese spread recipe (p 76)

## equipment

vegetable steamer

aluminum foil

knife and cutting board

## instructions

### step 1

Preheat oven to 400 degrees F. Wrap potatoes in foil and cook for about 45-60 minutes, or until soft.

### step 2

Cut broccoli into bite size pieces and steam until soft. Remove from heat.

# oli stuffed baked potato

*, there was a place that served only potatoes. My favorite tion was the broccoli and cheese stuffed potato.*

d potatoes

oli, steamed

pread recipe (p 76)

ard

S

heat oven to 400 degrees F. Wrap potatoes in foil and k for about 45-60 minutes, or until soft.

broccoli into bite size pieces and steam until soft. nove from heat.










desserts



# desserts

# no bake tiramisu ice cream cake

*Raw carob makes this an amazing dessert. Make for a occasion or just because. It's so decadent!*

## ingredients

**crust layer:**

2 pitted dates

3 cups almond flour (ground almonds)

2 Tbsp melted coconut oil

2 Tbsp vanilla, alcohol-free

½ cup coconut sugar

**vanilla mousse layer:**

2 cups chilled coconut cream

¼ cup honey, raw

2 Tbsp vanilla

pinch of salt

½ cup coconut oil

**carob mousse layer:**

1 cup chilled coconut cream
(chill your can of Coconu
and then scoop off the to

½ cup coconut sugar

½ cup coconut oil

1 Tbsp vanilla, alcohol-free

¼ tsp salt

¼ cup raw carob powder plu

1 Tbsp toasted carob powder

## equipment

8" square cheesecake pan

food processor and 'S' blade

measuring cups and spoons

blender

desserts

# tiramisu ice cream cake

*·ob makes this an amazing dessert. Make for a special occasion or just because. It's so decadent!*

(ground almonds)

ut oil

ol-free

:

lt cream

**carob mousse layer:**

1 cup chilled coconut cream
(chill your can of Coconut Milk, and then scoop off the top layer)

½ cup coconut sugar

½ cup coconut oil

1 Tbsp vanilla, alcohol-free

¼ tsp salt

¼ cup raw carob powder plus
1 Tbsp toasted carob powder

pan

s' blade

measuring cups and spoons

blender









desserts

# raw lemon 'cheese' cake

*This is a wonderful cheesecake. It's so good, you w*
*miss the real thing. Enjoy it frozen or thawed!*

## ingredients

**crust:**

2 cups slivered almonds

3-4 dates, pitted

**filling:**

3 cups raw cashews

1½ cups unsweetened almond milk

1 cup fresh lemon juice

½ cup raw honey

1 cup coconut oil, melted

1 Tbsp lemon juice, fresh

¼ tsp vanilla, alcohol-free

1 tsp vanilla, alcohol-free

¼ tsp salt

1 tsp lemon zest

pinch of turmeric (optiona

## equipment

blender

food processor & 'S' blade

measuring spoons and cup

9" springform pan

## instructions

# aw lemon 'cheese' cake

*s is a wonderful cheesecake. It's so good, you won't miss the real thing. Enjoy it frozen or thawed!*

S

onds

ed almond milk

uice

elted

blade

1 Tbsp lemon juice, fresh

¼ tsp vanilla, alcohol-free

1 tsp vanilla, alcohol-free

¼ tsp salt

1 tsp lemon zest

pinch of turmeric (optional)

measuring spoons and cups

9" springform pan

IS

# berry & lemon 'cheese' cake fusion

*These little desserts are a big hit and are big on taste! Feel f*
*these for any special occasion.*

## ingredients

1 cup chopped almonds (optional)

24 large strawberries, hollowed

½ recipe lemon cheesecake
chilled (p 141)

## equipment

measuring spoons and cups

knife and cutting board

piping bag and tip

## instructions

### step 1

Make ½ batch of the lemon cheesecake filling; chill until hard. Add chilled filling to a piping bag, and add a tip of your choice.

### step 2

Pipe lemon filling into hollowed out strawberries. Note, I also cut the bottom of the strawberries, so they can stand by themselves. Serve right away.

# non 'cheese' cake fusion

*esserts are a big hit and are big on taste! Feel free to make these for any special occasion.*

ds (optional)

, hollowed

½ recipe lemon cheesecake filling, chilled (p 141)

ıd cups

ırd

S

ke ½ batch of the lemon cheesecake filling; chill
il hard. Add chilled filling to a piping bag, and add a
of your choice.

e lemon filling into hollowed out strawberries.
te, I also cut the bottom of the strawberries, so they
stand by themselves. Serve right away.









desserts

# coconut ice dream

*This is a wonderful base ice cream substitute.*
*Inspired by the Weimar Institute.*

## ingredients

4 cups heavy coconut cream

½ - ¾ cup raw honey

pinch of salt

2 Tbsp vanilla, alcohol-fre

## equipment

measuring spoons and cups

blender

ice cream maker

## instructions

### step 1

Place the ingredients into a high-speed blender. Blend until creamy.

### step 2

Add the ice cream batter to the ice cream maker and make according to the manufacturer's instructions. Serve immediately, or store in an airtight container

desserts

# coconut ice dream

*This is a wonderful base ice cream substitute.*
*Inspired by the Weimar Institute.*

## S

ıt cream
ey

pinch of salt
2 Tbsp vanilla, alcohol-free

ınd cups

## ıS

lace the ingredients into a high-speed blender.
lend until creamy.

dd the ice cream batter to the ice cream maker and
ıake according to the manufacturer's instructions.
erve immediately, or store in an airtight container
nd freeze up to 1 week. Thaw a little before serving.

desserts

# berry cobbler

*Fresh berry cobbler is a wonderful treat. Enjoy this healthy and top off with homemade coconut ice cream.*

## ingredients

**berry layer:**

6 cups frozen or fresh berries

1 cup water

2 Tbsp maple syrup

2 Tbsp quick-cooking tapioca

1 can frozen berry juice concentrate

¼ tsp allspice

**topping:**

2 cups grain-free granola, gr

## equipment

measuring spoons and cups

9 X 13 baking dish

blender

food processor “S” blade

food processor

## instructions

Preheat oven to 350 degrees F. Place the berries in a 9 X 13

# berry cobbler

*:obbler is a wonderful treat. Enjoy this healthy alternative :nd top off with homemade coconut ice cream.*

**topping:**

ı berries

2 cups grain-free granola, ground (p 94)

ʒ tapioca

ce concentrate

ıd cups

food processor "S" blade

food processor

s

ıeat oven to 350 degrees F. Place the berries in a 9 X 13









# pecan 'chocolate' carob cheesecake

*This is a pretty good version of 'chocolate' cheesecake, v*
*chocolate or the cheese. I use raw carob powde*

## ingredients

**filling:**

- 3 cups raw cashews
- 2 cups unsweetened almond milk
- 2 Tbsp vanilla, alcohol-free
- ½ cup raw carob powder
- 1 cup coconut oil, melted
- 1 cup coconut sugar

**crust:**

- 2 cups toasted pecans
- 4-5 raw pitted dates
- ½ cup raw carob powder
- 1 tsp vanilla, alcohol-free

## equipment

- measuring spoons and cups
- blender
- food processor & 'S' blade
- 9" springform pan

## instructions

### step 1

Using a food processor and 'S' blade, process toasted pecans
raw carob powder to a fine meal.

desserts

# ɔcolate' carob cheesecake

*ɔretty good version of 'chocolate' cheesecake, without the :hocolate or the cheese. I use raw carob powder.*

S

**crust:**

2 cups toasted pecans

l almond milk

4-5 raw pitted dates

ıol-free

½ cup raw carob powder

wder

1 tsp vanilla, alcohol-free

elted

ınd cups

food processor & 'S' blade

9" springform pan

ıS

sing a food processor and 'S' blade, process toasted pecans and
w carob powder to a fine meal.

desserts

# strawberry cheesecake

*Oh strawberries! This will literally melt in your mouth. I fresh strawberries in season. It makes such a differe*

## ingredients

**filling:**

3 cups raw cashews

1 cup unsweetened almond milk

3 cups organic fresh strawberries

½ cup raw honey

¼ cup fresh lemon juice

1 tsp vanilla, alcohol-free

¼ tsp salt

1 cup coconut oil, melted

**crust:**

2 cups slivered almonds

3-4 dates, pitted

1 Tbsp lemon juice, fresh

¼ tsp vanilla, alcohol-free

## equipment

measuring spoons and cups

blender

food processor & 'S' blade

9" springform pan

## instructions

# trawberry cheesecake

*rries! This will literally melt in your mouth. I love to use strawberries in season. It makes such a difference.*

**crust:**

2 cups slivered almonds

mond milk

3-4 dates, pitted

trawberries

1 Tbsp lemon juice, fresh

¼ tsp vanilla, alcohol-free

uice

free

lted

d cups

food processor & 'S' blade

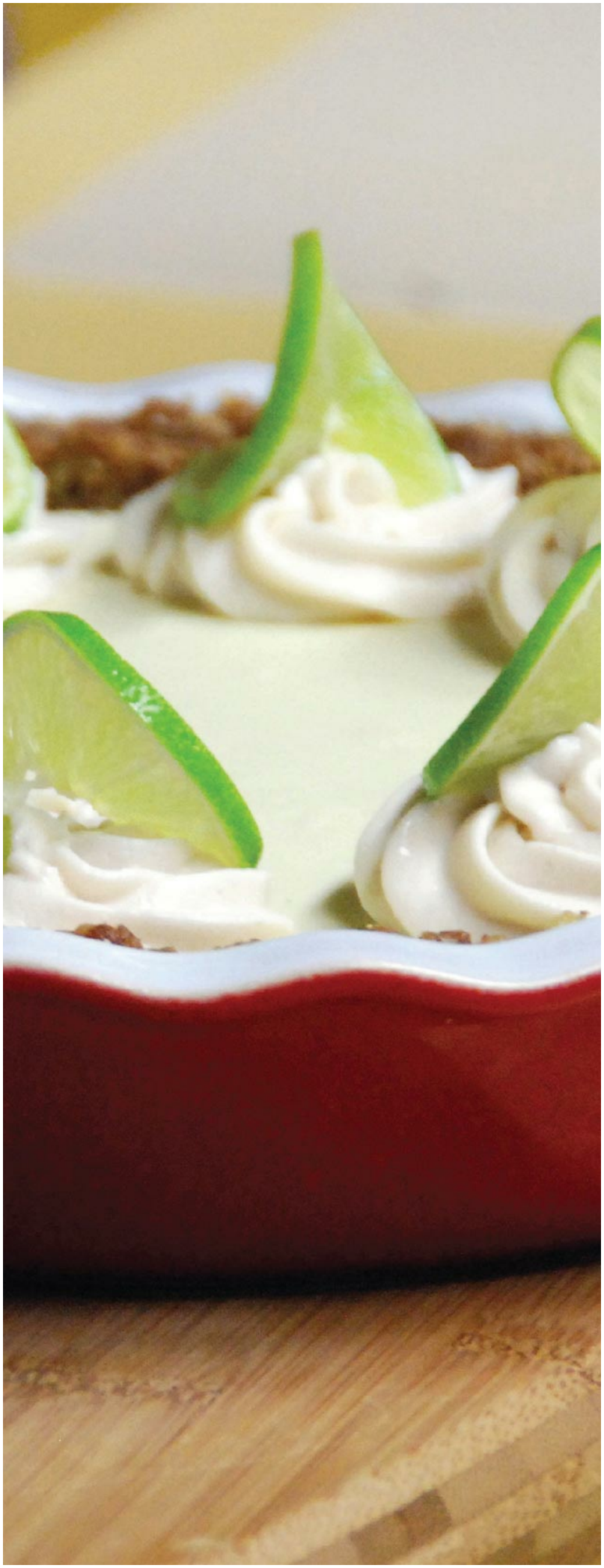
9" springform pan

S









desserts

# key lime pie

*Key lime pie is one of my favorite kinds of pie. Fres*
*juice is what makes this pie so delicious!*

## ingredients

**filling:**

3 cups raw cashews

1½ cups unsweetened almond milk

¾ cup fresh lime juice

¼ cup fresh lemon juice

½ cup raw honey

1 cup coconut oil, melted

1 tsp vanilla, alcohol-free

¼ tsp salt

1 tsp lime zest

¾ cup avocado (optional)

**crust:**

2 cups slivered almonds

3-4 dates, pitted

1 Tbsp lemon juice, fresh

¼ tsp vanilla, alcohol-free

## equipment

measuring spoons and cup

blender

food processor & 'S' blade

9" springform pan

## instructions

### step 1

Using a food processor and 'S' blade, process almonds to a fine meal

desserts

# key lime pie

*ime pie is one of my favorite kinds of pie. Fresh lime juice is what makes this pie so delicious!*

S

**crust:**

2 cups slivered almonds

ed almond milk

3-4 dates, pitted

ice

1 Tbsp lemon juice, fresh

juice

¼ tsp vanilla, alcohol-free

elted

l-free

## equipment

measuring spoons and cups

blender

food processor & 'S' blade

ional)

9" springform pan

lS

Using a food processor and 'S' blade, process almonds to

# blueberry smoothie

*Blueberries are one of the highest antioxidant foods. They are also very low glycemic.*

## ingredients

2 cups frozen blueberries

2 cups unsweetened nut milk

2 tsp vanilla, alcohol-free

ice (optional)

## equipment

measuring spoons and cups

blender

## instructions

step I

Place all of the ingredients into the blender and blend until creamy. You may need to add more nut milk or blueberries to achieve the right consistency.

desserts

# blueberry smoothie

*Blueberries are one of the highest antioxidant foods. They are also very low glycemic.*

rries

nut milk

2 tsp vanilla, alcohol-free

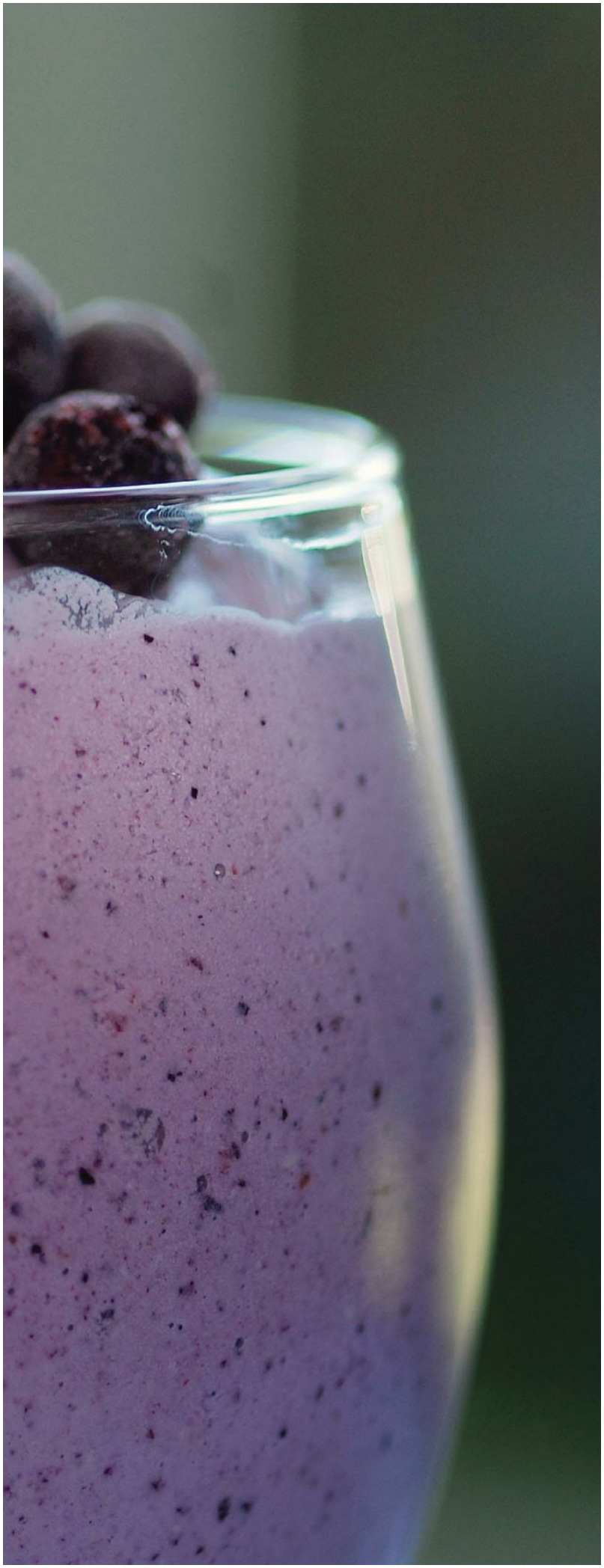
ice (optional)

d cups

S

ce all of the ingredients into the blender and blend until amy. You may need to add more nut milk or blueberries to ieve the right consistency.









# juices



# juices



juices

# citrus blend

*Fresh makes all of the difference. I love to have fre mandarin juice with a hint of other citrus juices*

## ingredients

3 mandarins, juiced

2 tsp pink grapefruit juice

1 tsp fresh lemon juice

1 tsp fresh lime juice

## equipment

measuring spoons and cups

cutting board and knife

juicer

strainer

## instructions

### step 1

Using a citrus juicer, cut the fruit in half and juice all of the ingredients listed above. Strain and enjoy. Keep left over juice in airtight containers for use in other recipes. They will last at least a week in the fridge.

juices

# citrus blend

*sh makes all of the difference. I love to have fresh*
*andarin juice with a hint of other citrus juices.*

1 tsp fresh lemon juice

juice

1 tsp fresh lime juice

ıd cups

juicer

ife

strainer

S

ng a citrus juicer, cut the fruit in half and juice all of the
redients listed above. Strain and enjoy. Keep left over juice
ıirtight containers for use in other recipes. They will last at
st a week in the fridge.









juices

# green is the new you

*Green juice is full of chlorophyll, which is a very powerfi for the body. This blend is a nice combination*

## ingredients

3 stalks of celery, organic

1 lemon, organic

3 leaves of kale, organic

1 inch ginger root, organic

1 large cucumber, organic

1 green apple, organic

## equipment

cutting board and knife

juicer

fine mesh strainer

## instructions

### step 1

Using a vegetable juicer, place all of the ingredients into the juicer. Strain and enjoy right away.

juices

# green is the new you

*:e is full of chlorophyll, which is a very powerful substance for the body. This blend is a nice combination.*

S

'ganic

1 inch ginger root, organic

1 large cucumber, organic

anic

1 green apple, organic

nife

ıS

sing a vegetable juicer, place all of the ingredients into the icer. Strain and enjoy right away.

# pineapple-berry

*Pineapple is one of my favorite kinds of juice! Adding strawberries is like eating dessert. It's so yummy*

## ingredients

1 large pineapple, peeled

1 cup strawberries, organic

## equipment

juicer

fine mesh strainer

cutting board and knife

## instructions

### step 1

Using a vegetable juicer, place all of the ingredients into the juicer. Strain and enjoy right away.

juices

# pineapple-berry

*ple is one of my favorite kinds of juice! Adding fresh rawberries is like eating dessert. It's so yummy.*

## equipment

eled

ganic

- juicer
- fine mesh strainer
- cutting board and knife

s

ng a vegetable juicer, place all of the ingredients into the er. Strain and enjoy right away.









juices

# green liquid sunshine

*This juice is so refreshing. It gives me instant ene*
*and it makes the taste buds jump for joy!*

## ingredients

1 large cucumber, organic

1 lemon, organic

3 stalks of celery, organic

1 inch ginger root

## equipment

cutting board and knife

juicer

fine mesh strainer

## instructions

### step 1

Using a vegetable juicer, place all of the ingredients into the juicer. Strain and enjoy right away.

juices

# green liquid sunshine

*is juice is so refreshing. It gives me instant energy, and it makes the taste buds jump for joy!*

## s

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## equipment

cutting board and knife

juicer

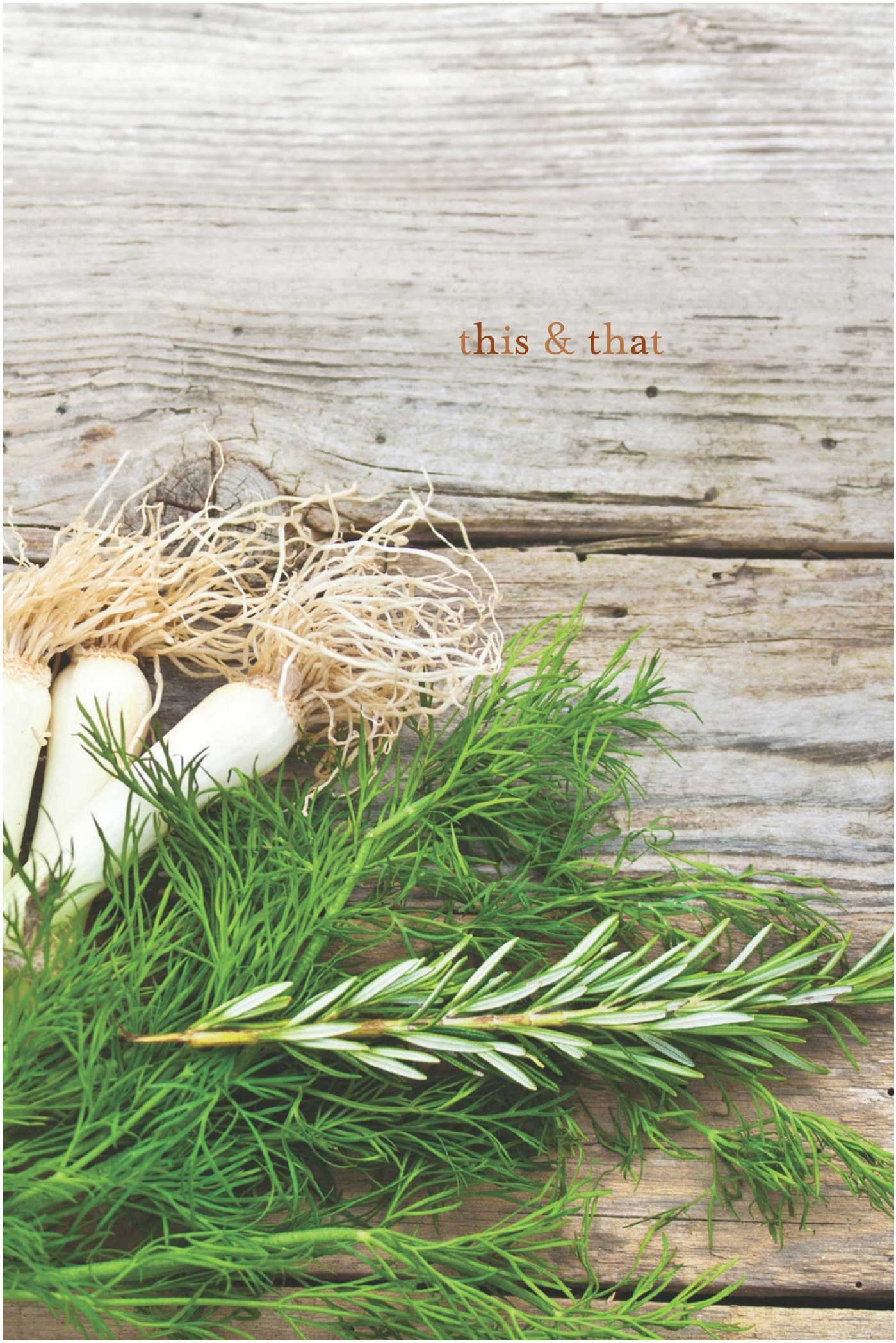
fine mesh strainer

## ıs

sing a vegetable juicer, place all of the ingredients into the icer. Strain and enjoy right away.






this & that


this & that

this & that

# chik-n seasoning

*No need to buy any pre-made 'chicken' seasoning again.*
*is adapted from Tasty Vegan Delights cookbook.*

## ingredients

1 cup nutritional yeast flakes

2 ¼ tsp onion powder

½ tsp garlic powder

½ tsp sage

½ tsp marjoram

3 tsp parsley flakes
(ground between fingers)

2 tsp salt

¼ tsp savory

## equipment

measuring spoons and cups

## instructions

step 1

Combine all spices into one bowl. Mix well and store in an airtight container in a dry place. Use for all of your recipes tha call for chicken seasoning.

this & that

# chik-n seasoning

*buy any pre-made 'chicken' seasoning again. This recipe adapted from Tasty Vegan Delights cookbook.*

st flakes

r

3 tsp parsley flakes
(ground between fingers)

2 tsp salt

¼ tsp savory

ıd cups

S

mbine all spices into one bowl. Mix well and store in an
ight container in a dry place. Use for all of your recipes that
l for chicken seasoning.









this & that

# coconut whipped cream

*Coconut whipped cream is delicious! With only a*
*ingredients, you will be amazed at the taste!*

## ingredients

1 cup heavy coconut cream*

1 tsp vanilla, alcohol-free

1 tsp raw honey

½ tsp fresh lemon juice

## equipment

measuring spoons and cups

metal bowl, chilled

electric mixer

beaters, chilled

* I like Thai Organic coconut milk. Place in the fridge, then scoop off the top layer of cream. Discard the water.

## instructions

### step 1

Place all of the ingredients into a chilled metal bowl. Using an electric mixer, mix the whipped cream until you have little peaks. Enjoy as a topping to your favorite foods

this & that

# oconut whipped cream

*conut whipped cream is delicious! With only a few ingredients, you will be amazed at the taste!*

S

cream*

l-free

1 tsp raw honey

½ tsp fresh lemon juice

nd cups

electric mixer

beaters, chilled

coconut milk.

then scoop off

m. Discard

LS

Place all of the ingredients into a chilled metal bowl.

Using an electric mixer, mix the whipped cream until you

ave little peaks. Enjoy as a topping to your favorite foods

this & that

# raw pecan parmesan cheese

*This recipe really does resemble parmesan cheese. The and nutritional yeast make a good impression!*

## ingredients

1 ¼ cups raw pecans

½ cup nutritional yeast

1 tsp salt

## equipment

measuring spoons and cups

food processor and 'S' blade

## instructions

### step 1

Using a food processor with the 'S' blade, combine all of the ingredients and process until the pecans resemble a flour-like texture. Store in an airtight container in the fridge. Use liberally on your pasta dishes, or anything that you would put parmesan cheese on.

this & that

# ɔecan parmesan cheese

*ipe really does resemble parmesan cheese. The pecans ınd nutritional yeast make a good impression!*

## equipment

measuring spoons and cups

food processor and 'S' blade

ast

s

ng a food processor with the 'S' blade, combine all of the redients and process until the pecans resemble a flour- texture. Store in an airtight container in the fridge. Use erally on your pasta dishes, or anything that you would parmesan cheese on.





# about the author



## *From West Point Airborne Paratrooper to Raw Vegan Chef, Author, and Holistic Health Practitioner.*

Michelle is a passionate vegan chef and instructor, a licensed holistic health practitioner, a certified Lymphologist, and a mother of two. She is the author of the best selling vegan cookbook "Sugar-Free Raw Desserts."

Michelle works for the Reversing Diabetes Program at the Weimar Institute and currently holds the position of vegan chef and cooking instructor for NEWSTART.

Michelle earned her Raw Vegan Chef and Instructor certification from the world famous Living Light Culinary Arts Institute, and a Bachelor of Science degree from the United States Military Academy at West Point. She studied under Dr. Stephen Clarke

Connective Tissue Disease, the criteria for Lupus. With diagnosis, she began her lo for answers. Through many of studying and research, sh help through natural mean helped her so much that she to share it with others who desperate for answers.

She currently holds a holist health practice and teaches

# about the author



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*Raw Vegan*
*and Holistic*
*oner.*

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sserts."

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Raw Vegan Chef
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Light Culinary
Bachelor of
the United States
West Point. She
phen Clarke

Connective Tissue Disease," meeting the criteria for Lupus. With that diagnosis, she began her long quest for answers. Through many years of studying and research, she found help through natural means. It helped her so much that she needed to share it with others who were also desperate for answers.

She currently holds a holistic health practice and teaches raw and




AIRBORNE


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**AT LAST!** *A cookbook that combines the best of raw and cooked plant-based dishes. Chef Michelle takes you on a mouth-watering journey to the heart of the home, the kitchen. Nutritious and delicious, these recipes will take your tastebuds to different parts of the world. Come and explore her favorites, while learning the secrets to making heart-healthy food taste great! So tasty, you won't believe these recipes are:*

**PLANT-BASED* ** DAIRY-FREE* **GLUTEN-FREE*

*Leave the processed foods behind! It's time to think outside the box, can, and bag! Let's get back to the kitchen, where real food and memories are made.*



Michelle is a passionate vegan chef and instructor, the best-selling author of *Sugar-Free Raw Desserts*, and currenty holds the cooking instructor position for the world famous NEWSTART Lifestyle Center in Weimar, CA. She is also a featured chef for Life and Health Network. She earned her chef certification from the renowned Living Light Culinary Arts Institute, and holds a Batchelor of Science from the U.S. Military Academy at West Point.

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